

GOOD HOUSEKEEPING



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AWARDS

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TOP TIME SAVERS
FROM \$8

SHE SAID, HE SAID

KRISTEN
BELL

& Hubby
Parenthood's
Dax Shepard



3-MINUTE
WAFFLE
BROWNIE



BYE-BYE, DRY

When the Pantene Expert Collection hit the shelves with Age Defy, Good Housekeeping's beauty editors lauded it as **"a triple threat"** for **"some of the best results we've seen."** Now, hair care's most awarded collection* is back to do the same for intensely dehydrated hair—help restore shine and health in just one wash.

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Instantly revive intensely dehydrated hair with the **NEW Pantene Expert Dry Defy Collection**, expertly formulated to help prevent dryness, frizz, breakage and dullness by deflecting humidity and damage while sealing in hydration.

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2 Next, **Dry Defy Intense Hydrating Conditioner's** advanced moisturizing technology helps insulate and hold the protective ingredients in place for intense hydration that lasts.

3 Finally, go for instant beauty benefits. **Dry Defy Velvet Crème Infusion's** formula is actually activated by your body's natural salts for easy distribution to your hair.



For more information and to buy, visit Pantene.com/Expert.

*Magazine awards in 2013 from top US print publications with award programs.

HAIR CARE'S MOST AWARDED COLLECTION*



BEAUTY EDITORS CAN'T GET ENOUGH OF PANTENE'S EXPERT COLLECTION

Pantene's Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

PANTENE EXPERT



*Magazine awards in 2013 from top US print publications with award programs.



YOUR SKIN CHANGES WITH AGE. SO SHOULD YOUR SKINCARE.

HOW AGE CHANGES YOUR SKIN

With age, skin loses its ability to retain natural moisture to keep skin hydrated, leaving it looking dull and dry. Oils become a great choice to help seal in hydration with a concentrated dose of moisture, boosting mature skin's resilience and radiance.

THE RIGHT SKINCARE

New Age Perfect Cell Renewal Oil was developed for mature skin with an effective active, LHA, to help stimulate skin surface cell renewal. Instantly the ultra-light, fast-absorbing oil makes skin feel hydrated, soft and supple. In just a month, skin's surface appears renewed. Firmer, more resilient, radiant skin is revealed.

HOW TO USE AN OIL

For an extra dose of renewing hydration, apply a few drops of Age Perfect Cell Renewal Oil to skin after cleansing and follow with Age Perfect Cell Renewal Day Cream.

DRAW THE LINE AT DULL, DRY, TIRED SKIN
NOW, RESTORE RESILIENCE, RADIANCE, VITALITY

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NEW

AGE PERFECT®
CELL RENEWAL CREAM



AS SKIN AGES, CELL RENEWAL DECREASES
DRAMATICALLY, SO SKIN LOOKS DRY AND DULL.

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FOR SKIN SURFACE CELL RENEWAL

■ **IMPRESSIVE RESULTS**

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IN 1 MONTH: REVEALS FIRMER, MORE RESILIENT,
RADIANT SKIN

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NIELSEN YEAR-TO-DATE AUGUST 2014, IN WOMEN FACE CARE IN MASS MARKET



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PARIS



"My grays are mostly in the front and around my ear area. It covered my grays completely. The color looks natural with just enough pizzazz."

Brenda, FL

6N



"I loved the way my hair had multidimensional color, covered the gray very well. Great product! Will definitely use again!"

Sandra, FL

8G

WITH COLOR LIKE THIS, WHY GO GRAY?

Members of the Good Housekeeping Reader Panel discovered that blonde is the new gray with **NEW L'Oréal Paris Excellence Age Perfect**, color for mature hair. They shared their at-home hair-coloring experience with us—see what they have to say about coloring the gray away!



"My hair gives me a sense of self-confidence, pride and just basically makes me feel better about myself. With the ease of Excellence Age Perfect, I can color my hair in the comfort of my home."

Janet, AR

6N



"After using the Excellence Age Perfect, I will now embrace the idea of coloring because the results, application, and the feel and shine of my hair makes me feel so much better."

Gloria Jean, SC

7G

See Good Housekeeping Style Director Lori Bergamotto's tips for getting layered tones and flattering color. To view, download the **FREE Digimarc® Discover app** and scan the Seal.

Based on Good Housekeeping Reader Panel survey respondents who received a free sample and tested it. Quotes featured are direct quotes from the individual panelists. These quotes reflect their individual experience with the product.



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AGE PERFECT



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Diane is wearing Excellence Age Perfect
shade 9N, Light Natural Blonde.
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L'ORÉAL
PARIS

GOOD *may 2015* HOUSEKEEPING



OUR "NEW" LOGO: LOOK FAMILIAR?

The typeface comes directly from our iconic Seal. We love how crisp and clean it looks on our cover—we hope you like it, too.

38

SPRING INTO SUMMER

Funny girl Kathryn Hahn shows you how to wake up your wardrobe

Dress, Maison Jules, \$89, macys.com.

Bracelets, \$28 each, oliveandpiper.com.



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GOOD HOUSEKEEPING



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WHICH COVER DID YOU GET?

COVER CREDITS

Kristen Bell photographed by Hugh Stewart. Prop styling by Still Sets Inc. Hair by Christine Symonds at The Wall Group. Makeup by Simone Almekias-Siegl for Neutrogena. Nails by Lisa Postma using Dolce & Gabbana for traceymattingly.com. Cynthia Rowley dress, lordandtaylor.com. Cardigan, jcrew.com. Carolee earrings, dillards.com. Necklace, miguelases.com. Bracelet, hauteheadquarters.com. Blue ring, tacori.com. White flower ring, hollydym.com. Isaac Mizrahi New York shoes, zappos.com.

Waffle Brownies photographed by Mike Garten. Food styling by Karen Tack. Recipe on page 179.

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We asked GH Staffers to tell us why their cat or dog is a good pet

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Barbara's cat **Sugar** brings a smile to everyone she meets.



Liz's poodle **Charlie** loves the open road—he's a great road-trip companion.



Robyn's dog-nephew **Walter** has endless patience with his little sister, Evie!



Jax is always eager to "help" Lauren with her chores.

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FAMILY TIES

My parents (here with my son) are passing their DIY ways on to the next generation.

Thanks, Mom (& Dad)!

I GREW UP IN A DIY HOUSEHOLD. Both my parents are wizards at fixing and making things. By the time they sent me out into the world, I'd learned to frame a wall, knit, crochet, sew, bake bread, quilt, navigate a boat, hang wallpaper, countersink a screw, drill a hole in most materials, jump-start a car, disconnect a toilet, hang a door, solder a pipe—even sponge-paint (it was the 1990s).

My parents will probably be amused by this list, knowing how few of those things I still do. But pushing me to learn was one of the greatest gifts they ever gave me. Just having these skills in my toolbox is empowering: I know that no matter what happens, I can rely on myself to get things done. And this belief—that anything's possible—was so strongly instilled in me that I credit it for most everything I've achieved.

In this issue, we're not going to teach you how to sponge-paint (though we do have some fabulous painted linens on page 53!) or tell you how to drive a boat. But sprinkled throughout these pages you'll find simple—dare I say genius?—how-tos that will help you make every day a little bit easier, a little bit more stylish and a lot more fun.

Plus, in honor of one of the most important people in all our lives (Hi, Mom!), we've got a heart-tugging personal essay by a *GH* reader who shares the unexpected pain and joy of motherhood (page 93); an awesome waffle feast that has Mother's Day written all over it (page 74); and a mother-daughter team who will make you want to quit your job and start your own family business (page 188).

Now I have to go...my son is milling apples with my mom. They're making **applesauce—my favorite!**

Jane

Jane Francisco,
EDITOR IN CHIEF

jane@goodhousekeeping.com

FOLLOW ME  @janefrancisco



**SHARE YOUR
STORY IN GH**



After a hectic day, I always look forward to finding a stack of reader-contest stories in my inbox, like our current winner, “No One Ever Asked If He Had My Eyes,” page 93. Sometimes they make me tear up; I usually end up feeling grateful; and almost always, I am inspired. So keep those essays coming—it’s time for another contest! Now we want to hear about a time when a wrong turn has taken you to the right place or you’ve found unexpected happiness at the end of a long road. Send us your personal “Silver Linings” story. I can’t wait to read them! See page 99 for details.

ARI MICHELSON (Jane)



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BEAUTY BREAKTHROUGH

awards

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BY APRIL FRANZINO AND CODY MARICK



BEST NEW MAKEUP & NAILS

“Bulletproof” polish, mascara that works with your eye shape, lipstick that feels like a gloss—the latest advances are all about adapting to and enhancing *you*

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This GH Seal-holding cream base goes beyond coverage of redness, blemishes and spots—it actually evens out your skin’s surface and helps tamp down facial fuzz.

Lab Notes Its combination of silkening Olay serum, stay-put polymers and a smoothing silicone disk applicator (the pink orb above!) refines skin texture for a flawless-looking finish.

CoverGirl UltraSmooth Foundation, \$13, drugstores

CHAMELEON COVER-UP



The ultimate multitasker, this concentrated yet blendable liquid pigment can act as a concealer or as a full-cover foundation. It also mixes well with other makeup to adjust coverage, and with face and body products

to create a custom tint that hides whatever you’d like (we tested with serums, lotions, creams and even oils). **Lab Notes** “It enabled me to lighten up and use my ‘summer’ foundation all year,” says Senior Product Analyst Mary Clarke.

Cover FX Custom Cover Drops, \$44, Sephora

AT-HOME GEL NAIL POLISH



Get results that rival the salon’s with this innovative polish and top coat duo, which doesn’t require the usual light to cure.

Lab Notes Our team reported that the lacquer dried fast, chipped less and lasted longer than regular nail polish.

Sally Hansen Miracle Gel Color Coat and Top Coat, \$10 each, drugstores

\$ NAIL PROTECTOR



These clear “stickers” are applied before a gel manicure to guard nails, then let you peel off your polish later for a less damaging, no-soak removal.

Tester Notes “The shields were undetectable, yet made my nails look and feel healthier than they normally do post-gel.”

SensatioNail Nail Shield, \$8, drugstores

\$ EASY-WEAR LIP COLOR

Lipstick-and-gloss hybrids, these liquid lip colors combine the best of both worlds.

Lab Notes Our two picks “glide on effortlessly” and “feel softening” like a gloss, yet offer the “high pigment,” “true color” and lack of goopiness of a lipstick.

Bargain: *L’Oréal Paris Colour Riche Extraordinaire Liquid Lipcolor, \$10, drugstores.* **Splurge:** *Shiseido Lacquer Rouge, \$25, shiseido.com*



angled for corners!

LASH BOOSTER

Unlike a straight wand, the unique 25-degree curve maneuvers around your eyes.

Lab Notes It made the “curling, defining” application “a breeze, even on the tiniest lashes,” says Chemist Sabina Burdzovic-Wizemann.

Lancôme Grandiose Mascara, \$32, lancomeusa.com



GH READERS SPENT

\$2.4
billion

ON BEAUTY PRODUCTS LAST YEAR

SOURCE: 2014 SPRING GFK MRI



BEST NEW

SKIN CARE: FACE

Wrinkles, spots, dullness and damage don't stand a chance against these fast-acting face savers



INSTANT SMOOTHERS

The new blur creams diffuse flaws with light reflectors and fill uneven texture for a soft-focus effect.

Lab Notes These winners immediately minimized pores (Lumene by 18%) and improved skin's texture (Kiehl's by 25%).

Bargain: Lumene Bright Now Blur Line & Pore Minimizing, \$20, drugstores. **Spurge:** Kiehl's Micro-Blur Skin Perfector, \$35, kiehls.com



SUPER EXFOLIATOR

This power peel mimics in-office versions with high levels of glycolic, salicylic and mandelic acids.

Lab Notes After only two uses, testers' skin showed reduced spots, minimized pores and improved texture, with zero irritation.

Peter Thomas Roth Professional Strength 40% Triple Acid Peel, \$88, Sephora



FAST WRINKLE FIX

Like Spanx for your face, this single-use packet contains a sheer liquid silica film that temporarily lifts and tightens as it dries.

Lab Notes It immediately reduced the appearance of pores and wrinkles on the forehead and around eyes, erasing one tester's frown lines for an entire day.

Roloxin Lift, \$110 for 10, nordstrom.com

INVISIBLE FACE PROTECTOR



A sunscreen you won't believe is sunscreen — it's totally clear! — and that you'll actually want to wear.

Lab Notes "Not oily, heavy or irritating" and it "made skin baby-soft," "kept makeup in place" and "softened lines."

Murad Invisiblur Perfecting Shield Broad Spectrum SPF 30 | PA+++, \$65, Sephora

SUNBLOCK FOR SENSITIVE EYES



Never avoid the eye area again: This gentle (yet high-SPF) mineral sunscreen has a bonus dark circle-hiding sheer tint.

Lab Notes Our team reported "no stinging, tears or irritation."

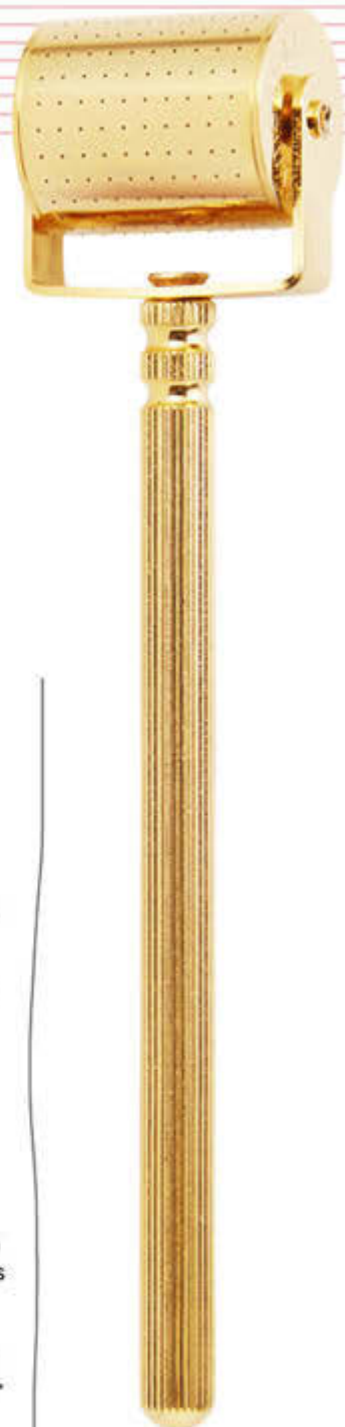
SkinCeuticals Physical Eye UV Defense SPF 50, \$30, skinceuticals.com

NIGHT TREATMENT

The new night cream is a more intensive overnight face mask.

Lab Notes In our test of 22, these three sodium hyaluronate-packed night masks moisturized better than our past hydrating night cream winner, without greasy residue.

AmorePacific Moisture Bound Sleeping Recovery Masque, \$60, and Julep Night Shift Sleeping Mask, \$34, Sephora; Osmotics Cosmeceuticals Blue Copper 5 Prime Sleep Tight Mask, \$89, Nordstrom



FUTURISTIC FACIAL

This professional treatment combines techniques like cosmetic needling — via the (painless!) roller above — and galvanic current to boost the efficacy of topical anti-agers like vitamin A.

Lab Notes "The deep lines on my forehead were much less noticeable," Clarke says.

Environ Signature Facial, \$300, dermaconcepts.com for locations



14
million

**GH READERS HAVE USED SKIN
CARE IN THE PAST WEEK ALONE**

SOURCE: 2014 SPRING GFK MRI



BEST NEW GADGETS & TOOLS

Plug into your prettiest skin and hair with these high-tech devices, plus apps that put beauty at your fingertips (literally)



DIY DERM

Formerly doctor's office-only, the face laser is now in your hands.

Lab Notes In our test, it visibly reduced wrinkles and improved skin tone and texture after four weeks of daily use.

Tria Age-Defying Laser, \$495, triabeauty.com

\$ PHOTO RETOUCHER

Like a digital magic wand, this app lets you correct imperfections with a touch.

Lab Notes "Flawless and easy-to-use technology," says Director of Engineering Rachel Rothman.

Ava Photo, free (iOS)



\$ VIRTUAL MAKEUP TESTER

Try before you buy: Upload your pic and "paint" on new shades.

Lab Notes "Impressive concept—and fun!" Rothman reports.

L'Oréal Paris Makeup Genius, free (iOS)



\$ SALON SCHEDULER

Book nearby salon and spa sessions on the fly by entering your location.

Tester Notes Includes reviews, too!

BeautyNow, free (iOS, Android)



POWER DRYER

Despite its quick-dry motor with high air speed, this tool weighs less than one pound.

Lab Notes "Very light" (check!), and it even "leaves hair shiny."

Bio Ionic 10x Hair Dryer, \$329, ulta.com

GH+ EASY CURLER

No tricky twisting with this first-of-its-kind curler (and it's a Seal holder!).

Lab Notes Sections of hair coil inside the end and pop out as perfect spirals seconds later.

Conair Curl Secret, \$100, drugstores



GARNIER

A MIRACLE SLEEPING CREAM

FOR MORE RESTED, YOUNGER-LOOKING SKIN.

A GARNIER FIRST



- Hyaluronic Acid
- Essential Oil & Lavender

- in just 1 week, skin appears refreshed, revitalized, smoother, and feels firmer
- works while you sleep when skin is most receptive



#sleepwiththis



garnierusa.com



BEST NEW HAIR

This year's awards highlight an emerging generation of richer, safer haircolors (in-salon and at-home), plus the quickest ever fixes for frizz, dullness, flyaways and more



\$ STRAND SMOOTHER

Hair oil that's not oily? Look no further than the new dry oil sprays. **Lab Notes** They offer the shine-boosting, smoothing benefits of natural oils like argan and jojoba in "silky yet dry-touch light mists that work even on fine hair."

Bargain: *Ogx Renewing Argan Oil of Morocco Weightless Healing Dry Oil*, \$8, Walmart. **Splurge:** *Alterra Bamboo Smooth Kendi Oil Dry Oil Mist*, \$25, sephora.com



\$ AT-HOME COLOR

Mimicking pro salon techniques, this kit treats roots and lengths in two steps to achieve a uniform look.

Lab Notes "The most salon-quality home color I've ever tried," a tester raved. Others praised the "rich," "perfect," "beautiful" lasting coverage, which our Lab test confirmed.

Vidal Sassoon Salonist Permanent At-Home Colour, \$14, Walmart

SALON SHADES



Finally! Salon haircolor with less risk of itching or burning.

Lab Notes This revolutionary formula lets the dye molecule "bypass cells that trigger the body's immune response," Burdzo-vic-Wizemann explains.

Wella Professionals Koleston Perfect Innosense, wella.com for salons

FRIZZ FIGHTER



Not just another serum: These portable scented dry sheets contain hydrators like olive oil to fix fuzz fast.

Lab Notes They "instantly tame

flyaways" and "make hair smell fresh" with zero goop.

Redken Frizz Dismiss FPF 10 Fly-Away Fix Finishing Sheets, \$25, styleseat.com/redken

\$ \$15 or less!



"You don't realize you want
softer underarms until you try it."

Rachel Weir

new

New Dove Advanced
Care goes way
beyond protection.
9 out of 10 women
agreed that it made
their underarms
soft and smooth.





BEST NEW

SKIN CARE: BODY

Hot now: face-worthy formulas and personalized technologies for skin you'll want to show off

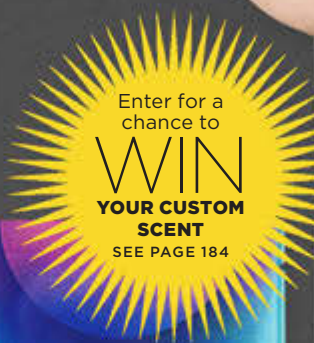


\$ DEEP MOISTURIZER

Not just for the face anymore, this body serum delivers heavy hydration with a light touch.

Lab Notes In our tests, skin's moisture levels increased 44% after six hours.

Vaseline Intensive Care Healing Serum Deep Repair, \$8, drugstores



Fragrance Finder

Get sample sachets (shown) of your perfect scent matches when you take this site's quiz—its algorithm is based on what colors, environments, sounds and more appeal to you. Choose your fave for full-size.

Lab Notes "Effective—I loved one of mine!"

Pinrose Eau de Parfum, \$9 to \$50, pinrose.com

\$ BODY PERFECTOR

The first BB cream for the body perfects instantly (via a subtle tint) and over time (with emollients).

Lab Notes Consumer and Lab tests confirmed moisturizing, smoothing and illuminating benefits. "It even minimized the look of leg scars I'd normally cover," a tester said.

Jergens BB Body Perfecting Skin Cream, \$13, drugstores



\$ GH+ SKIN SOFTENER

Spread this Seal-holding glycerin lotion on clean, wet skin in the shower, then rinse, towel off and go.

Lab Notes The moisturization lasts 24 hours(!), scientists confirmed.

Nivea In-Shower Body Lotion, \$8, drugstores

\$ TARGETED HAIR REMOVER

Looks like a normal razor—but surprise! Its silver ball pivots to hug tricky body contours.

Lab Notes "It glided nicely around ankles and knees," "picking up even the finest hair."

Gillette Venus Swirl Razor, \$13, drugstores





BONUS VIDEO:
See *Good Housekeeping* Style Director Lori Bergamotto's tips for getting the lash looks you love. To view, download the FREE Digimarc® Discover app.

we LOVE

a magic wand that delivers flirty, fabulous lashes.

**Lash Love®
Mascara**

Shade shown: I ♥ black

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discover what you **LOVE**™

SKIN CARE | COLOR | FRAGRANCE | BODY CARE

Discover what you love with a company that believes in empowering women to be themselves.
Connect with us and your own Independent Beauty Consultant at **marykay.com**.



FROM THE INSTITUTE INSIDE THE LAB

How the winners earned their coveted distinction

Every year, the *GH* beauty team scours the marketplace for the most exciting, groundbreaking new product launches—the ones that make us say, “Wow!” and “How did we ever live without this?” But we don’t stop there. The chosen group are then given the ultimate litmus test: submission to the *GHI* Beauty Lab for evaluation through rigorous laboratory and consumer tests using high-tech equipment like the Visia Complexion Analyzer (to assess skin-care product efficacy) and the QUV Accelerated Weathering Test (for haircolor longevity). What you see here: the year’s best beauty innovations.



GH TESTING BY THE NUMBERS

6,217

TESTER QUESTIONNAIRES DECODED

1,268

PAGES OF LAB REPORTS REVIEWED

692

HAIR SWATCHES USED

430

BEAUTY PRODUCTS TESTED

36

PRODUCT CATEGORIES ANALYZED

BEST NEW SMILE

The latest whiteners make a gorgeous grin virtually effortless

WHITENING DEVICE

Add the included peroxide gel to your paste and click the built-in blue light to activate whitening.

Lab Notes Ninety percent of testers saw whiter teeth after two days of using this electric toothbrush.

Go Smile Sonic Blue Teeth Whitening System, \$129, gosmile.com



\$ PRETTY PASTE

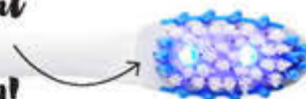
A paste with real whitening power: It has a high level of the active bleaching ingredient hydrogen peroxide.

Lab Notes Some testers' teeth lightened a full shade in just three days.

Colgate Optic White Platinum Express White Toothpaste, \$5, drugstores






blue light
helps
brighten!





NEW

NIVEA IN-SHOWER BODY LOTION MOISTURIZES INSTANTLY WITH NO STICKY FEEL.

-  1 Wash your body as usual.
-  2 Apply In-Shower Body Lotion on wet skin.
-  3 Quickly rinse off.
-  4 Ready to go.

NIVEAUSA.com

Avoid applying to bottom of feet. Thoroughly clean tub/shower with hot water after usage to remove residue and avoid slipping.



**FIND IT IN THE
BODY LOTION AISLE**



GOOD HOUSEKEEPING AROUND THE WORLD

The best beauty picks from our international editors



BEST IN: UNITED KINGDOM

Pioneering a new makeup category — serum foundation — this featherweight formula (it suspends mineral pigments in a coconut-derived liquid base) won Reader Recommended status from the U.K.'s GHI for “lasting, but natural-looking coverage,” says *GH* U.K. Beauty Director Eve Cameron.

BareMinerals BareSkin Pure Brightening Serum Foundation Broad Spectrum SPF 20, \$29, Macy's



BEST IN: INDONESIA

Instant results are wanted here. “Skin feels tighter and softer after one use” of this mask, says *GH* Indonesia Beauty Editor Natasha Dame.

GlamGlow YouthMud Tinglex & Exfoliating Mud Mask, \$69, Nordstrom



BEST IN: RUSSIA

Custom complexion enhancers are trending in Russia. This cutting-edge adaptable serum targets individuals’ “specific conditions, like pigmentation and wrinkles,” says *GH* Russia Beauty Director Ekaterina Sakharova.

Clinique Smart Custom-Repair Serum, \$60, department stores

BEST IN: KAZAKHSTAN

What rules: money-saving multitaskers like this moisturizer, line smoother, pore refiner and tone evener in one.

Olay Total Effects 7 in One Anti-Aging Moisturizer, \$20, drugstores



“I’LL NEVER
LOOK BACK,
I WILL JUST
LOOK
YOUNGER.”

Now with more
vitamins than
the leading
prestige moisturizer.

New Olay
Total Effects 7-in-One,
from the world’s #1.

**In just 4 weeks,
skin looks up to
10 years younger.**



WORLD’S #1
FEMALE FACIAL SKINCARE BRAND*

7
IN ONE



OLAY
TOTAL effects

YOUR BEST BEAUTIFUL™

Your best beautiful begins at Olay.com

*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.



Grab and go! Toss your weekend gear into this fab tote.

Dana Buchman bag, \$70, kohls.com

STRIPES

We're lining up for this classic French-girl graphic print

Street style inspiration



Cheap chic: These aviators are an affordable way to try the trend.

\$12, cocolovesrome.com



Show your (candy-colored) stripes in a sequined mini. Cute with a chambray shirt! \$268, vineyard vines.com



Vertical and horizontal stripes flatter your figure in every direction.

\$69, zara.com



A rugby-inspired dress is sporty and stylish.

\$80, mango.com

Variegated lines create a surprisingly slimming effect in this faux wrap skirt.

\$78, whbm.com



Cheery flats add whimsy to jeans, a dress—any outfit!

\$79, ninewest.com

Style with spring,
spring with *style*



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DEEP SEA

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Adventure Designs™

Jambu.com
877.541.5337



BOHO Basics

Done right, this flowy, free-spirited style is sleek, not sloppy, and warm-weather ready!



Love the ease of a slouchy bucket bag.
Patricia Nash, \$199, macys.com



This lightweight peasant blouse is flattering and office-friendly.
\$25, hm.com

← WORK

PLAY →



Enter for a chance to
WIN
THESE EARRINGS!
PAGE 184

Statement hoops work for day or night.
\$182, vivandingrid.com



Luxe details, like embroidery and tassels, dress up an airy blouse.

The Jetset Diaries, \$149, 8thstory.com

Tribal-print navy shorts mix well with brights.

\$59, ann taylor.com



Mustard-yellow flats (with fringe benefits!) finish the look.
\$120, isaacmizrahi.com

A gauzy skirt (tuck in a top) lends a tailored vibe to boho.
\$198, margaret o'leary.com



For polish, cinch the waist with a neutral belt.
Price upon request, lineapelle.com



Perfect pairing: the "new" clog. Chic...and comfy!
\$160, dolcevita.com

MORE FOR LESS!

Try this trend with these outfit-making finds



\$60, solesociety.com



\$32, danielle stevens.com



\$49, loft.com



\$19, forever21.com

START IMPROVING THE HEALTH OF YOUR MOUTH TODAY*



Colgate Total® products eliminate **15x[†]** more bacteria to improve the health of your mouth

*The regimen fights germs, fortifies enamel and improves gum health. Results improve with continued use.

†vs. an antibacterial control regimen after 2 weeks regular use.

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Soft GINGHAM

Popping up everywhere this season, the picnic table classic takes a sophisticated turn in subtle shades.

Dress, Maison Jules, \$89, macys.com. Bracelets, \$28 each, oliveandpiper.com. Colorful ring, \$39, stelladot.com. Ring, Kathryn's own.

Spring into summer

Wake up your whole wardrobe with a single stylish piece. Funny lady **Kathryn Hahn**, costar of the new comedy *Happyish*, shows you how

BY RACHEL BOWIE
PHOTOGRAPHS BY
SQUIRE FOX



Grown-up “TUTU”

Swishy (and ultra-feminine) tulle is so en pointe with a chambray oxford and a cinched leather belt.

Top, \$69, zara.com. Skirt, \$143, asos.com. Hoops, \$9, shopprimadonna.com. Necklace, \$218, goldphilosophy.com. Cobalt belt, \$50, shopladybowtie.com. Bracelet, \$4, and bar ring, \$3, forever21.com. Turquoise ring, \$58, suzsomersall.com. Shoes, Steve Madden, \$99, lulus.com.

ON LOCATION:

**Van Brunt Stillhouse,
Brooklyn**

Every spirit (whiskey, rum, grappa) sold by this Red Hook distillery is made in-house from scratch. Go online to schedule a tour. vanbruntstillhouse.com

STEAL HER FRESH FLUSH


Dab cool pinks on lips and cheeks (it's OK to match!) to brighten your look fast.

Try Boots No7 Blush Tint Stick in Blossom (\$10, Target) and Mary Kay True Dimensions Lipstick in Wild About Pink (\$18, marykay.com).

A shot of COLOR

You *can* combine prints, stripes and brights! The trick is to anchor the mash-up with an eye-catching solid, like this buzz-worthy yellow jacket.

Jacket, 1. State, \$168, shop.nordstrom.com. Top, \$148, katespade.com. Skirt, J.O.A., \$70, lulus.com. Bracelets, Calvin Klein, \$145 to \$180 each, 702-795-0477. Shoes, \$70, solesociety.com.

 **ON LOCATION:**
*Brooklyn Crab,
Brooklyn*

When the warm weather hits, this three-story open-air seafood shack is the place to be. Go for the mouthwatering lobster; stay for the rooftop views.
brooklyncrab.com






PAPER BAG PANTS

Go ahead: Eat a big lunch. The tie waist on the new “it” silhouette is forgiving and flattering. To balance the bagginess, pair with a cropped or fitted top tucked in ever so slightly to show off the pants’ ruffled front.

Sweater, \$88, usa.frenchconnection.com. Pants, \$59, zara.com. Earrings, \$15, lulus.com. Necklace, \$188, cynthiarybakoff.com. Cuff, \$76, mirandafrye.com. Shoes, \$119, calvinklein.com.

 **ON LOCATION:**
*Cacao Prieto,
Brooklyn*

Handcrafted chocolate bars and cacao liqueur and rum are made and sold on-site at this chocolate factory and distillery. Tours are available. cacaoprieto.com

GET HER DEWY GLOW
Pat translucent makeup primer on tops of cheeks. We like *Neutrogena Healthy Skin Primer*, \$13, neutrogena.com.



SPOTLIGHT ON

KATHRYN HAHN

You totally know her. She's the quirky sidekick in *How to Lose a Guy in 10 Days*, the hilarious scene-stealer on *Parks and Recreation* and the endearing love interest on *Transparent*. This month, the superbusy mom of two keeps us cracking up on the new Showtime comedy *Happyish* as well as in the film *She's Funny That Way* opposite Owen Wilson. When she actually has downtime, Kathryn spends it with her husband, actor Ethan Sandler, and two kids (ages 8 and 5). Here, she dishes on her family (and fashion).

WEEKEND STYLE I would say I'm tomboyish. I'm always on the hunt for a great fancy sweatshirt.

ON HER NIGHTSTAND Hand cream. Sometimes I have spa night with my kids, and we'll give each other hand massages. Or I'll let them massage my feet, which is fantastic!

SECRET DOMESTIC SIDE I'm an organizing freak. But I've had to get better about it. Sometimes I do some, ahem, editing of [the kids'] projects without their knowing. I have to tell myself, *Nope! That wad of duct tape is very important to this 8-year-old. Can't get rid of it!*

PERFECT SATURDAY NIGHT... I love dancing, but I also like putting my PJs on at 5 and making dinner with my hubby and the kids. We call it a "special occasion" when we eat dinner in front of the TV. Sometimes there are a lot of "special occasions"!

...AND SUNDAY MORNING Just an amazing big, delicious cup of coffee and the *New York Times*. Then, playing with the kids.

SOLID ADVICE "The days are long, but the years are short," which is so true. It's a reminder to treasure the moments.

HAIR HOW-TO Mist texturizing spray (or dry shampoo!) at roots and tousle for the windswept effect. Editor's pick: *Pantene Pro-V Root Reboot Dry Shampoo*, \$7, drugstores.



A woman with long, wavy brown hair is singing into a microphone on a stage. She is wearing a light blue dress with a large red and pink floral print and a black band across the bodice. She is also wearing red strappy high-heeled sandals. The background is a dark wood-paneled wall. To her right is a microphone stand and a large black floor monitor. In the foreground, there is a white ceramic tip jar with the word 'TIPS' written on it, filled with cash. To the right of the woman, there is a wooden barrel with a red bag hanging from it.

Sexy FLORALS

A sweet petal print is a perennial favorite, but the fresher pick right now? Moody, graphic blooms. We love the floral arrangement on this satiny body-con dress with dark accents and lingerie-inspired details.

Dress, Milly for DesignNation, \$74, kohls.com. Necklace, \$85, ragenjewels.com. Bar ring, \$22, guess.com. Pearl ring, \$68, rebeccaminkoff.com. Shoes, \$32, lulus.com. Bag, Gianni Bini, \$79, dillards.com.

ON LOCATION:

Hometown Bar-B-Que, Brooklyn

On weekends, this BBQ hot spot is bumping thanks to a regular rotation of country and bluegrass bands that take center stage next to the bar. hometownbarbque.com



Extras That WOW

Take any outfit up a notch with bold non-matchy accessories. Here, we picked up two shades (coral and blue pastel) from this fun paint-splattered dress and echoed the vibrant hues on a ladylike bag and edgy sandals.

Top, \$88, and skirt, \$138, usa.frenchconnection.com. Necklace, \$178, stelladot.com.

Ring, \$22, guess.com. Bag, \$31, asos.com. Shoes, \$25, Lulu's.

 **ON LOCATION:** Red Hook Bait and Tackle, Brooklyn

Formerly a social club and makeshift bait shop for local fishermen, this dive bar is a neighborhood favorite. redhookbaitandtackle.com

**SUMMER-READY
LEGS** Spray-on body lotion adds moisture and shine sans the stickiness factor. Try new *Suave Professionals Sea Mineral Infusion Spray Lotion*, \$6, drugstores.

Follow doctor's orders

for Healthy Smooth, Youthful looking skin.



Introducing ALTCHEK MD®

If overnight miracles sound too good to be true, you're right! After 35 years of treating patients in New York City, Dr. Douglas Altchek, Clinical Professor of Dermatology, developed a series of treatments to effectively address the problems of aging skin. His safe, gentle and healthy formulas are just what the doctor ordered for beautiful skin!



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Preventive + Corrective
Anti-Aging Skincare

Dermatologist Developed. Patient-Proven.

- ✓ SPF 30
- ✓ VITAMIN C
- ✓ RESVERATROL
- ✓ ALPHA HYDROXY ACIDS

ALTCHEKMD.COM • KOHL'S • ULTA

\$25, shopprima
donna.com

19 MORE WAYS TO GET THE LOOK

\$38, accessory
conclerge.com

GEMS
FROM
\$25

\$25,
modcloth.com



\$85,
rjgraziano.com



\$116, warehouse.co.uk



French Connection, \$158,
nordstrom.com

FLORALS
FROM
\$58



\$130, oasis-stores.com



\$58, dressbarn.com

Mother spies with her little eye
A street called Mulberry Way.
They turn the corner and lo & behold
It's grandma's house! Hurray!

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Inspired by the London Family of Mill Valley, CA
Share your Goldfish® Tales at GoldfishSmiles.com

**Always baked with real cheese.
The Snack That Smiles Back®**



BAGS FROM \$10



\$40, cocolovesrome.com



\$100, handbag-butler.com



\$98, bananarepublic.com



OMG!, \$10, rainbowshops.com



"TUTUS" FROM \$44



\$148,
bodenusa.com



LC Lauren Conrad,
\$44, kohls.com



\$79, guess.com

SHOES FROM \$59



\$189, shop.schutz-shoes.com



\$59, zara.com



Calvin Klein, \$129, zappos.com



Jessica Simpson Collection,
\$89, macys.com

A whole **NEW** side of ranch.



We've blended your favorite thick and creamy Original Ranch® with real ingredients like cucumbers, avocados, garlic and sweet chilies. Enjoy our new flavors with salads, dips—and even the main course. Taste them all!

Visit hiddenvally.com for recipe ideas.

New at
Walmart



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Only this can.™


Benjamin Moore
Paint like no other.™

GOOD
HOUSEKEEPING

your HOME

DECOR TIPS. DIY. ORGANIZING SOLUTIONS.

HAND-DYED LINENS

Create a
“to dye for”
spring table
by making your
own watercolor
napkins — in
just 5 minutes!

See page 184 for
step-by-step directions.

MIKE GARTEN

ON THE HOME FRONT



SARAH RICHARDSON
HOME DESIGN DIRECTOR

"It's time to lighten up and brighten up for summer: Think bold colors and patterns. As you can see, I'm loving all things green!"

 FOLLOW ME @SarahRichardsonDesign

WHAT WE'RE EXCITED ABOUT THIS MONTH



FRAGRANT SOLUTION

Hang these scent bars in a small room or closet to infuse the air with a fresh floral touch. Bonus: They're super-pretty and last up to nine months. **\$22 for two, rosyrings.com**

"Invest in a bar cart—they occupy a small footprint and are a good way to conceal an unsightly corner."

—EMILY SCHUMAN,
CUPCAKES AND CASHMERE



EXPERT ADVICE

Whether or not you know Emily Schuman from her hit blog, *Cupcakes and Cashmere*, you'll love her new book, out May 19—it's loaded with easy decor ideas, fun party plans and pages and pages of stunning design. **\$20, amazon.com**

SWEET DREAMS LIVE HERE

What kid—or adult—wouldn't love snuggling up in this cozy, contemporary "house" bed? With four drawers on each side, it's a perfect place to stash extra sheets or toys. **\$1,299 for twin, restorationhardware.com**



Lamp, \$275, schoolhouseelectric.com

Chair, \$100, zola.com

BETTER WEDDING GIFTS

Forget china and linens. Now, with zola.com, you can create a registry of things you *really* want, like a stylish and colorful lamp or statement chair. Simply sign up with your wedding details, then compile your ultimate wish list by choosing products from *any* retailer's site—or using the mobile app to scan bar codes in-store. It's literally that easy.

new!
KATERINA
COLLECTION



We give Katerina a four-star rating for elegant outdoor entertaining. In fact, with its classic lattice design, lightweight aluminum frame and hand-brushed bronze-colored finish, it puts the luxe in luxury. Whether you're sharing a meal or sharing stories around the coffee table, this graceful collection brings paradise straight to your backyard. ★

We're going places. See the Katerina Collection in stores or at pier1.com/outdoorliving.

Pier1 imports®

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Switch to AmLactin® for smoother, softer, healthy-looking skin.



Sunburn Alert: This product contains an alpha-hydroxy acid (AHA) that may increase your skin's sensitivity to sunburn. Be sun smart: use sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterward.
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Available at retailers nationwide

25 ways to do TANGERINE

Amp up your style with spring's most energetic shade. Trust us, the juice is worth the squeeze

1

HAPPY PLACE

Roll out a playful geometric rug to inject a dose of cheer into your space.



try:



TULIPS
Kelly-Moore Paints
\$35 per gallon,
kellymoore.com



POPPY FIELDS
Clark + Kensington
\$30 per gallon, clarkandkensington.com



CHEERFUL TANGERINE
Behr
\$33 per gallon,
behr.com



2

STASH IN STRIPES

Use a peppy ginger jar to dress up a console or contain clutter in your kitchen.

\$99, onekingslane.com



Brighten up basic black and white with a lively orange knit.



5

FLIRTY FROCK

This light-as-a-feather dress has all the makings of a summer staple.

MM6 Maison Martin Margiela dress, \$171, theoutnet.com



3

TROPICAL TOTE

A chic bag in fresh citrus gives off serious vacation vibes.

Coach purse, \$350, coach.com

4

MOISTURE SURGE

Keep lips soft and hydrated with this blood orange-flavored shea lip butter.

\$9, soapandpaperfactory.com



6

POP YOUR POUT

When rocking a lipstick with a bold tangerine tint, keep makeup neutral on your eyes and cheeks.

Tory Burch Lip Color in Pretty Baby, \$32, macys.com



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FRESH PERSIMMONS
Valspar

\$34 per gallon, valsparpaint.com

pair with:



BLUE LAGOON
Benjamin Moore
\$37 per gallon,
benjaminmoore.com



CAKE BATTER
Olympic
\$20 per gallon,
olympic.com

7

BOLD AND BEAUTIFUL

Turn the kitchen into your most buzzed-about room with punchy chairs.

8

HOT SEAT

A bold chair can transform your whole kitchen (or office space).
Eames chair,
\$649,
lekkerhome.com



9

PITCHER PERFECT

Handblown in a trendy mid-century style, a tall pitcher is perfect for a party—mimosas, anyone?
\$420, heathceramics.com



10

THE ORANGE BOWL

Pile high with fruit of the same name, or keep bare as a statement centerpiece.
\$100, crateandbarrel.com



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THE REDLERS: A Chief Strategic Officer,
a Neuropsychologist—and Chace, their Superhero
Their house: Traditional Colonial
Their roof: GAF Timberline HD® Shingles
Their roofing contractor: GAF Master Elite® Contractor

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Scott and Celena Redler take their careers very seriously, but they treasure even more every second they spend keeping up with Chace's energy. "We cherish our time together," said Scott. "We have fun together, we laugh. Our roof protects all the things we hold dear—especially our little Superhero."



FACT: 97.55% of property owners would recommend their GAF Master Elite® Roofing Contractor to others.

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ROYAL VELVET

the *looking at life from a new perspective* moment



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jcpenny.com

Bed • Bath • Window



11

PATTERN PLAY

When layering a bright pattern against an equally bold wall, keep your upholstery neutral.

12

LITTLE BUDDY

Snip a single garden bloom to fill a gold-leaf colorblock bud vase.

\$14, *shop society social.com*



13

A-MAZE-ING PILLOW

Add punch to your sofa with a graphic pillow.

Trina Turk, \$110, *luluandgeorgia.com*

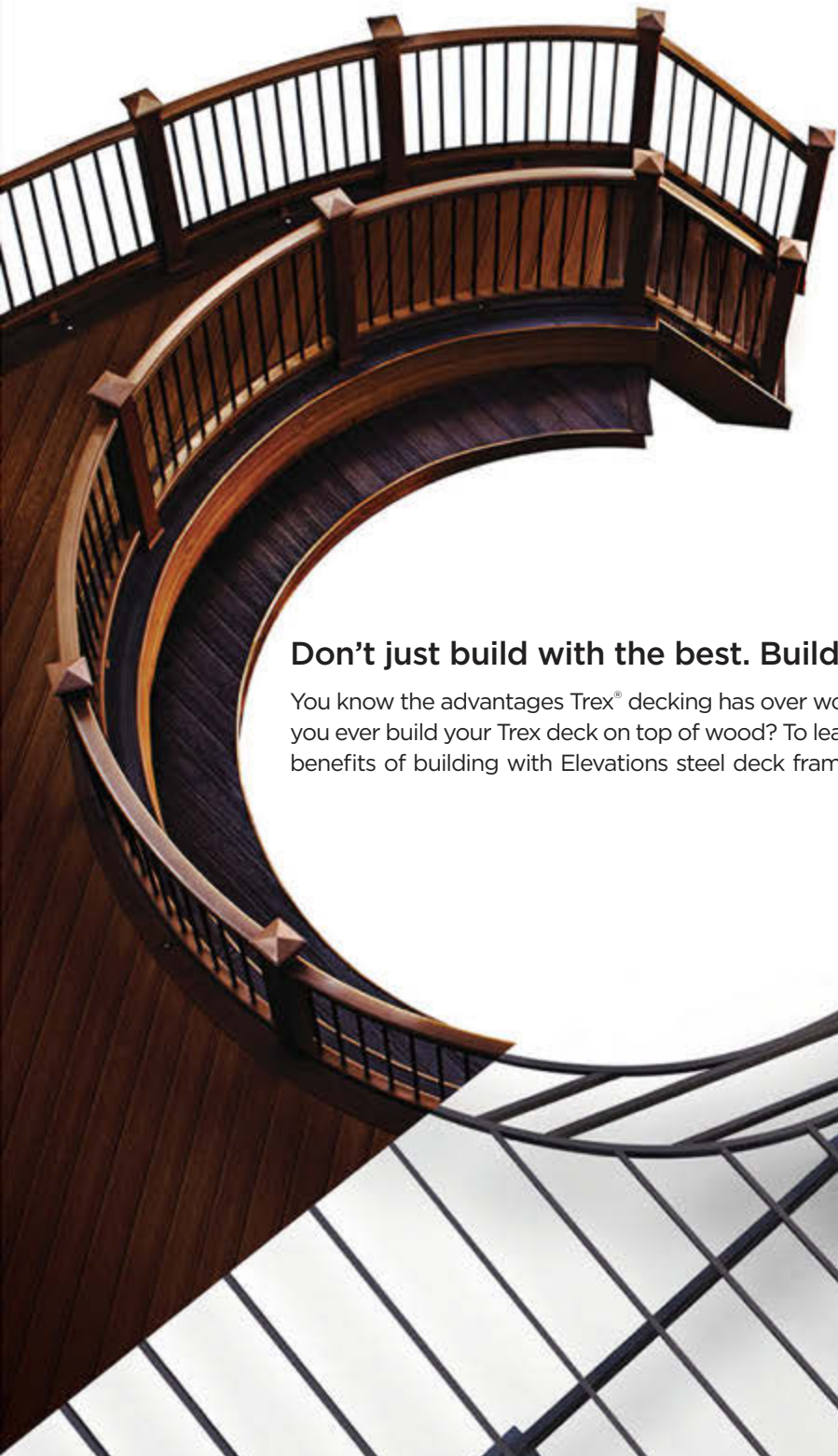
14

SHADY HIDEAWAY

Keep sunnies from scattering with a lacquered organizer.

\$250, *oyobox.com*





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You know the advantages Trex® decking has over wood. So why would you ever build your Trex deck on top of wood? To learn more about the benefits of building with Elevations steel deck framing, visit trex.com.



Engineering What's Next
in Outdoor Living™

Trex Elevations®
STEEL DECK FRAMING

15

WASH AND DRY

Make dish duty your favorite chore with a printed towel—12% of proceeds is donated to The Edible Schoolyard.

\$35, abchome.com



16

JUST PEACHY

Forget basic mint—this paste also boasts peach and mango flavors.

Hello fluoride paste,
\$5, target.com



19

PLUSH & PAINTERLY

This brushstroke-inspired pillow is an artistic (and grown-up!) take on polka dots.

\$85, leifshop.com



18

SASSY SPIKES

The accents on these stunners deliver just the right amount of edge.

Christian Louboutin shoes,
\$1,295, net-a-porter.com



17

TIDY UP YOUR ENTRY

A wooden branch coatrack gives coats and hats a colorful place to hang.

\$99, landofnod.com



20

STYLE SECRET

Break up all-over orange by wrapping the handles of your purse in a silk scarf.



visualize more styles at
imagine.clopay.com.



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Uncover your home's true potential at **imagine.clopay.com**.

21

PICK YOUR PRETTY

Stock your beauty bag with spring's of-the-moment shade—it's hitting shelves in polishes, glosses and more.



Left to right: *Bobbi Brown Lip Gloss in Tangerine*, \$25, bobbibrown.com. *Marc Jacobs Beauty Enamored Hi-Shine Nail Lacquer in 114 Snap!*, \$18, sephora.com. *Sally Hansen Insta-Dri in Orange Zest*, \$5, drugstores.

22

HAPPY FEET

Embroidered leather espadrilles just beg for a beachside BBQ.

Tory Burch shoes, \$88, theoutnet.com



23

SWATCH OUT

Use orange floral fabric to mimic the headboard at right—or for curtains.

\$92 per yard, thibautdesign.com

**BRIGHT BED**

Let a statement-upholstered headboard and printed pillows do the talking on an otherwise neutral bed.

24

BEN GOLDSTEIN/Studio D (3)

ENGLERT LeafGuard®

Don't be fooled by imitators who call themselves Leafguard. **LeafGuard Brand Gutters by Englert are the only one-piece, seamless, covered gutter system on the market.**

LeafGuard Brand Gutters deflect leaves and other debris from your gutters. They are guaranteed not to clog.

If you're fed up with cleaning your gutters, call
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25

EASY ACCENT

Try a dash of color in an unexpected place, like the back of a bookshelf.



Trevor Tondro/GMA Images

AZEK iPad APP
**NOW
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YOUR DECK. YOUR MASTERPIECE.

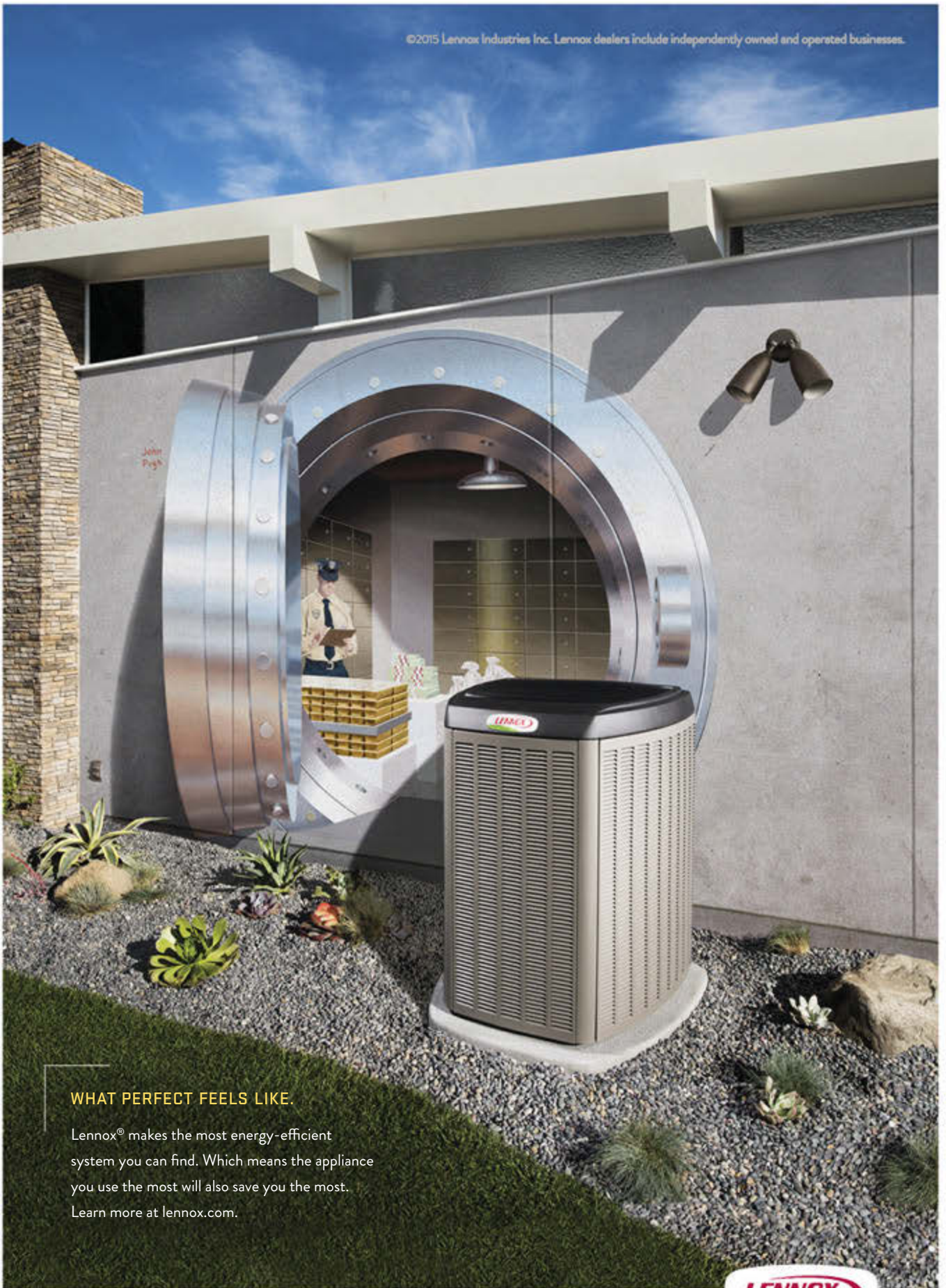
Bring your one-of-a-kind expression to life. No matter your vision, the ultimate outdoor living space begins with AZEK Deck. With the rich look of wood and time-tested low maintenance, AZEK Deck lives up to even the wildest deck dreams. Known for its scratch- and stain-resistance, an AZEK Deck is an investment that ensures your outdoor space will last. Choose from 18 stunning colors, in addition to our complete line of deck and rail lighting, and breathe life into the deck that you've always wanted. What are you waiting for? **Create your masterpiece today at AZEK.com/deckdesigner.**



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ask SARAH

GH's decor expert answers your questions and shares her secrets for creating spaces you'll love

HAVE A QUESTION? E-MAIL SARAH@GOODHOUSEKEEPING.COM.



Sarah Richardson
Home Design Director
@SarahRichardsonDesign

Q

What's the fastest, most affordable way to improve the curb appeal of our home?

Add some color! Painting your front door is an easy and effective way to bring some wow factor to the front of your home without a huge investment of time or money. Most shades will end up looking great, but it's important to take into consideration the exterior finish of your home. Choose a cool hue like blue, green or teal to help balance the warmth of red brick, or opt for a classic red or yellow to brighten up a home with a neutral finish. Here are a few of my favorite looks for this season.



NEW TRADITIONAL

A calming sage complements both a white exterior and the surrounding foliage, achieving a sophisticated, timeless elegance.



by:

Tree Moss by Benjamin Moore,
\$38 per gallon,
benjaminmoore.com



Floral pillow,
\$110, sears.com



Glazed planter,
\$50 and up,
crateandbarrel.com



Enamel sconce, \$209 and up,
restorationhardware.com

Decorative statue,
\$91, wayfair.com



CLASSIC CHARM

Blue is an American classic (especially against brick!), but opting for bright cobalt instead of traditional navy keeps it feeling fresh.



by:

Cobalt Stone by PPG,
\$15 to \$60 per gallon,
ppgpittsburghpaints.com



Brass mail slot,
\$80, homedepot.com



Steel lantern,
\$100,
lampsplus.com



Boxy planter, \$80
and up, restoration
hardware.com
Topiary, \$65,
jaysonhome.com

Brass knocker,
\$139, rejuvenation
.com



BRIGHT MOD

Just like the bold lines of modern architecture, can't-miss-it cheery yellow is a confident statement-maker.



by:

Lemon Tart by Behr,
\$38 per gallon, behr.com

Door number, \$9,
acehardware.com



Chrome handle,
\$475, baldwin
hardware.com



Glass window, \$49,
homedepot.com



Planter,
\$72, wayfair.com





DEFY GRAVITY.

A MORE YOUTHFUL PROFILE STARTS WITH
THE APPLES OF YOUR CHEEKS.


V O L U M A[®] XC

JUVÉDERM VOLUMA[®] XC is the first and only FDA-approved injectable gel specifically designed to add volume to the cheek area.

As we age, it's not just about lines and wrinkles. The face can also lose volume and sag. JUVÉDERM VOLUMA[®] XC instantly adds volume, creating contour and lift. It's the non-surgical filler doctors use to help restore a more youthful profile for up to **two years** with optimal treatment.

See before and afters at
JUVEDERM.COM



Actual patient. Results may vary.

APPROVED USE

JUVÉDERM VOLUMA[®] XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over the age of 21.

IMPORTANT SAFETY INFORMATION

You should not use JUVÉDERM VOLUMA[®] XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA[®] XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA[®] XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

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tangy sour cream
+ zesty green onion
+ russet potatoes
+ brand NEW recipe
= **SPECIAL K**

Introducing the **Special K**
collection of Cracker Chips.
Now with 120 crispier, crunchier
calories for you to love.





PRETTY & PLAYFUL

Unexpected shades like peony pink are a great way to welcome guests into a home filled with fun and life.



by:

Hint of Cherry by Valspar,
\$46 per gallon, valspar.com

Bronze lantern,
\$38, lighting
direct.com

Ceramic planter, \$28,
wayfair.com

Geometric mat,
\$47, overstock.com



Wrought-iron knocker, \$48,
martellhardware.com



And when you're craving something sweet, indulge in **NEW Special K** Divine Fudge Brownies.



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No-Sweat DIY

You love the idea of clever, crafty projects—but tend to lose steam halfway through. Check out these stress-less ideas that require next-to-no elbow grease—because who likes grease?

Living Room

Spruce up your living room with a gallery wall—and leave the heavy lifting to the kids. Art projects and colorful doodles look surprisingly chic when matted, framed, and displayed in an impressive cluster. Less chic? Wall marks and scuffs—so banish them with **Mr. Clean Magic Eraser**. Its water-activated micro-scrubbers reach into the surface grooves, lifting away built-up dirt, scuffs and stains from surfaces like floors, doors, walls, and baseboards.



Bathroom

Totally DIY-averse? Freshen up your bathroom with these four simple items (no projects required!):

A new shower curtain: Go bold to add a splash of color to a neutral space.

Luxe towels: Who doesn't love to cuddle up in a fresh set?

A fresh bathmat: For a spa-like look, splurge on a wooden mat.

A sparkling tub: The Magic Eraser Bath Scrubber has a built-in soap scum dissolving cleanser that cleans 3x more soap scum per swipe*.



Show us your clean!
Visit cleanbook.com
to share your before-
and-after messes.



Kitchen

Dress up your cabinet and drawer fronts with new (or vintage) knobs and pulls for a five-minute facelift. Feeling more adventurous? Paint the inside of your pantry cabinet door with chalkboard paint to give a new home to menu plans and to-do lists.

Before you tackle any kitchen project, start with a clean surface—and that means de-griming the greasy, sticky buildup on your kitchen range and hood. **Mr. Clean Magic Eraser Extra Power** has all the grime-fighting power of original Magic Eraser, 50% stronger to last longer.



*vs. the leading all-purpose bleach spray

The end OF THE ROAD FOR GRIME.

HIS MAGIC ERASER SCRUBS AWAY
THE TOUGHEST GRIME WITH EASE.



FOR RIMS + INTERIOR + GLASS

Wet before use. Not recommended for vehicle body, high gloss or upholstered surfaces. Use as directed.



**WHEN IT COMES
TO CLEAN
THERE'S
ONLY ONE
Mr.**



GET THE LOOK

COOL CHANDELIER

No matter the vibe—or size—you're looking for, here are four stylish picks we love

Nautical



\$399, birchlane.com

Rustic



\$329, wayfair.com

Organic



\$225, serenaandlily.com

Contemporary



\$649, westelm.com

Q I'm in the market for a chandelier, but have no idea where to start when it comes to picking the perfect size or placement for my dining room—help!

There are a few rules to follow when sizing a chandelier for your dining room (hint: these also apply to a bedroom or living room!). The first, what I like to call the “golden ratio,” is a quick equation that helps determine chandelier size based on a room's dimensions—we've sketched it out in detail below. The second rule is to allow three inches of chandelier for every foot of ceiling height—so, if your dining room has eight-foot ceilings, you'll want a fixture at least 24 inches wide. Finally, are you hanging the light above a dining table? Make sure its lowest point is 30 to 32 inches above the tabletop.

THAT'S GENIUS!

The Golden Ratio

To find the perfect size, add up the length and width of your room and allow one inch for each foot in the combined total. (Just remember: These are *minimum* size guidelines.)

DO THE MATH: FOR A 12'-BY-16' ROOM,
 ADD UP THE DIMENSIONS: 12' + 16' = 28'.
 NEXT, SWAP FEET FOR INCHES: 28' BECOMES 28". THE CORRECT SIZE CHANDELIER: 28".



BLACK-BELT BEAGLE

Arm your dog against fleas and ticks
with the killing force of FRONTLINE® Plus.

Rely on FRONTLINE Plus to kill fleas and ticks, plus
flea eggs and larvae, preventing a new infestation.
Its protection lasts a full 30 days. No wonder it's the
#1 choice of vets for their pets* and yours.†

Frontline.com 



THE VET'S #1 CHOICE*



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BEACH HOUSE STYLE

Create a coastal feel (no matter where you live) with a light and airy palette that's inspired by sand, sea, sun—and the seamless mixing of indoors and outdoors



CHAIR PAIRS

The home's designer, Becky Owens, made a cozy nook at the foot of the bed with two tufted chairs. Don't have the space? Tuck in an upholstered bench or pouf.

Chandelier and table,
restorationhardware.com.
Chairs, rjimportsoc.com.
Dishware and vases,
bloomingdales.com.

UPSIZE YOUR DINING TABLE

Maximize guest
seating with a large
farm-style table.
For an unobstructed
view outside, opt
for a see-through
chandelier.



Aslee Raubach (opposite)

PALETTE Serene Seaside

Set the tone with
soft watercolors.



SUPER WHITE
Benjamin Moore, \$37 per
gallon, benjaminmoore.com



BALBOA MIST
Benjamin Moore, \$37 per
gallon, benjaminmoore.com



CARNEGIE COTTON
STRIPE FABRIC
fischumacher.com



CAMBAY PAISLEY
PRINT FABRIC
fischumacher.com

LAYER IN COLOR & PATTERN



Add subtle prints, stripes and other graphics to boost visual interest in a mostly neutral room. Keep the look calm and cohesive by choosing complementary tones.

DRAPE SMARTS

If your home gets a lot of sunlight, use a fadeproof fabric for your curtains.



SUPER SLIDERS

These doors don't need any room to swing. They're amazing space savers!





DECORATE WITH FOUND OBJECTS

Look no farther than your natural surroundings for pretty accents. Think shells, seaglass, driftwood or greens.



PICK A BOLD BACKSPLASH

Use graphic tiles (these are glass and limestone) to create a pretty focal point behind the range.

BOOK NOOK

Turn "awkward" leftover spaces into shelving for cookbooks and food magazines.

STORAGE DISPLAY

Glass-front cabinets keep linens and dishes tidy and in plain view.

Get the Look

These pretty finds add a breezy summer vibe year-round



Indoor/outdoor pillow, \$49, birchlane.com



Ceramic stool, \$104, wayfair.com



Plate, \$15, canvashomestore.com



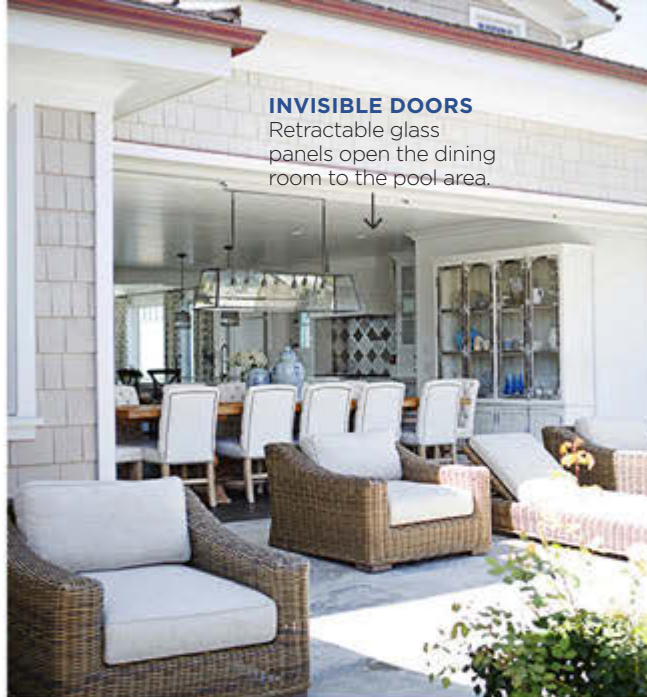
Glass table lamp, \$323, lampsplus.com



WHITE ON WHITE

Mix architectural details, like archway cutouts, and pretty pottery to make basic shelving seem special.

Bar stools, \$199 each, restorationhardware.com. Wood server, tuvaluhome.com. Bowls, \$35 each, canvashomestore.com. Pendant lights, laylagrayce.com.



INVISIBLE DOORS

Retractable glass panels open the dining room to the pool area.

EXPERT ADVICE

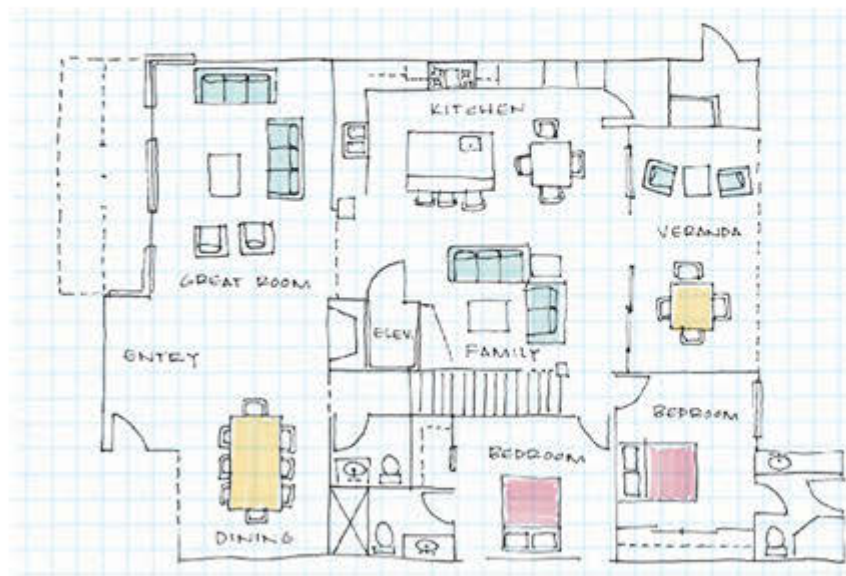
Inside Out

Designer Becky Owens shares tricks for creating a space that transitions easily from indoor to outdoor living:

- 1 Bring the interior palette outside. Using the same shades, textures and patterns helps blend the spaces.
- 2 Place a favorite chair near windows where the sun sets; you'll always have a cozy spot to take in the view.
- 3 Go for "moveable" furniture: a few small stools, tables, benches or poufs that you can carry from room to room.

Floor Plan

Highlights include lots of windows and, for easy entertaining, multiple seating zones.



Bath towel, \$56, wayfair.com



← **WALK-IN SHOWER**
 Skip a traditional door or curtain for a cleaner, more inviting look. The curved detail in the entryway adds a touch of old-world glam.



IMPROMPTU TOWEL RACK
 A reclaimed-wood ladder keeps towels on hand after a soak in the freestanding tub.



Left: Turkish towels, tuvaluhome.com.
Above right: Apothecary jars and accessories, tuvaluhome.com.

CREATE A SPA-LIKE SANCTUARY

Chrome, marble and calming white and gray are timeless in a master bathroom. Keep the counter clear and pretty by placing everyday items in apothecary jars.

← MIRROR, MIRROR

Instead of one mirror spanning a long vanity, hang two over the sinks. Ready-made options like these cost less.



FANCY UP THE VANITY

Play with proportion if you order a custom piece: The elegant upgrades here include a recessed center, notched details on the counter and a sparkly mosaic backsplash, which is echoed in the shower. If upgrades aren't in your budget, changing the pulls is one way to customize.



ULTIMATE

CLASSIC WAFFLE

recipe, page 173

The IRON'S HOT!

And it's not just for making breakfast anymore.
We used it to amp up any meal from lunch to a
midnight snack. We even waffled falafel!

FALAFEL WAFFLES

recipe, page 173



"WAFFLES ARE ON MENUS EVERYWHERE — FROM GOURMET
FOOD TRUCK DESSERTS AND UPSCALE VERSIONS AT
RESTAURANTS LIKE SABLE KITCHEN & BAR IN CHICAGO
TO BREAKFAST SANDWICHES AT TACO BELL."

— PAT COBE, *RESTAURANT BUSINESS*



WOMELETS

recipe, page 175





WAFFLE HASH BROWNS

recipe, page 175

extra
crispy



WONUTS

recipe, page 178

waffle
meets
donut



FUDGY WAFFLE BROWNIES

recipe, page 179

2-minute
dessert



TURKEY PANINI

recipe, page 180

KALE
QUESADILLAS

recipe, page 180



WAFFLE 'WICHES



FRIED-
CHICKEN SLIDERS

recipe, page 180

SALAMI CALZONES

recipe, page 181





bacon
makes
everything
taste better

Waffle BLT

recipe, page 182



SUPERCARB WAFFLE
recipe, page 183



OUR BREAKTHROUGH eating plan has all the right foods to fill you up, boost your energy and help you drop pounds. The secret: complex carbs, like the grains in this SuperCarb Waffle. For more recipes and plan details, go to goodhousekeeping.com/supercarb.

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TRIED+TESTED BEST IRONS



GHI tested 12 presses to bring you the very best for cooking up your soon-to-be-new-favorite recipes



^ UNBEATABLE PRICE



This iron turns out fluffy, meltingly tender waffles—and it's earned the Good Housekeeping Seal. Like pro irons, this one gets flipped during baking for even browning (a little more work, but worth it). Plus, its cheery red exterior will brighten your kitchen. *Cooks Electric Ceramic Flip Waffle Maker, \$60, jcpennney.com*

BELGIAN BELLS & WHISTLES >

Fans of superthick waffles can select the type—Belgian, classic, chocolate or buttermilk—and desired degree of doneness, from 1 (light) to 12 (dark). An LCD timer counts down the minutes to “Done,” and a moat catches excess batter before it can drip out. You can even hit the A Bit More button when you want your waffle just a wee bit crispier. *Breville Smart Waffle, \$200, brevilleusa.com*

WAFFLE WISDOM FROM THE INSTITUTE

1. Boxed mixes produce waffles that brown more evenly, but in our tests, waffles made from scratch always tasted better.
2. For more uniformly shaped waffles, spread batter over the hot grates with a rubber spatula.
3. Avoid using metal utensils when removing finished waffles from your iron so you won't scratch its nonstick coating.
4. Serve waffles immediately to prevent sogginess.



^ TOP PERFORMER

No fancy features here—just perfectly crisp, buttery waffles, batch after batch. The built-in beeper goes off when the iron is preheated and also when the baking is done, freeing you up to tackle other kitchen tasks with no risk of burning your waffle.

All-Clad Classic Round Waffle Maker, \$130, williams-sonoma.com



MARKO METZINGER/Studio D

ask HELOISE

GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments

HAVE A QUESTION? E-MAIL HELOISE@GOODHOUSEKEEPING.COM.



1 PROBLEM, 3 SOLUTIONS

How can I remove a stubborn price sticker from...

GLASS?

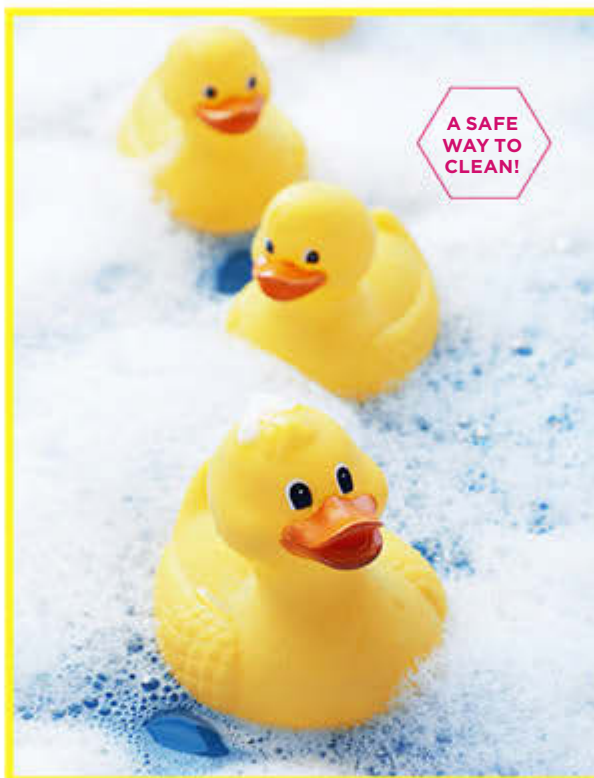
Put a little baby or vegetable oil on the sticker and rub it in with a finger. Let it soak for 20 to 30 minutes, then lift a corner of the sticker and slowly pull it off.

METAL?

Lay a damp paper towel over the sticker for up to an hour to soften it; peel it off. If it resists, work it off with an acetone-based nail polish remover and a plastic scrubbie.

WOOD?

Cover the sticker with aluminum foil, then press it with a dry clothing iron on med.-high. Remove the foil and peel off the sticker.



Q

My daughter's bath toys squirt black stuff—eww! How can I clean them safely? —Erin K.

Soak the toys in warm white or apple cider vinegar (5% acetic acid). Use it full-strength or dilute $\frac{1}{3}$ cup vinegar in $\frac{2}{3}$ cup water. Squeeze the toys several times to get the liquid inside, then set aside for 30 minutes or more. Rinse in fresh water, squeezing to clear out any remaining black gunk. To prevent the problem in the future, squeeze all the water out of your daughter's toys at the end of bath time—or, consider replacing them with squirt toys that come apart.

SECRET WEAPON

3 Uses for Sliced White Bread

SPILL SAVER

Soak up oily salad dressing on a table, countertop or tablecloth.

SMUDGE REMOVER

Wipe fingerprints off painted stucco walls or non-washable wallpaper.

TOOL CLEANER

Repurpose a coffee grinder: Toss in bread to remove coffee oils, then use the chopper to mince dried herbs!

THAT'S GENIUS!

HOMEMADE SNEAKER ODOR-EATER



+



+



=



FABRIC
CUT TWO 6" BY 8" RECTANGLES FROM SCRAPS; FOLD IN HALF, PATTERN INSIDE.

NEEDLE AND THREAD
STITCH UP SIDES TIGHTLY TO FORM A POCKET; LEAVE TOP OPEN.

CAT LITTER
TURN POCKET RIGHT SIDE OUT, ADD CAT LITTER UNTIL $\frac{3}{4}$ FULL AND STITCH TOP CLOSED.

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HOW SHE DID IT

SOMETHING BORROWED

With her rent-and-return gown boutique, Corie Hardee makes it easy for bridesmaids to say yes to the dress

BY RACHEL BOWIE



Corie with one of her dresses (the “Cheryl”) in her New York City headquarters.

Ever shelled out big bucks on an ill-fitting, so-not-you bridesmaid dress that you never wore again?

Corie Hardee had, many times. While packing for a move in 2009, the London-based business consultant realized her closet was looking like something out of the movie *27 Dresses*. She dug out four old bridesmaid gowns from the back of her wardrobe, “a coral one, a red one, a purplish one and a black one with a train,” she says. Each had been pricey and worn just once. “I wondered, *If groomsmen can rent tuxedos, why can’t bridesmaids rent dresses?*”

Fed up, Corie dreamed of starting a business that would save other would-be bridesmaids both cash and precious closet space. She started gathering research, using a six-week vacation (a perk of her job in the U.K.) to poll soon-to-be bridesmaids about their shopping frustrations. “If given the choice to rent or buy a dress that they won’t wear again, women told me they’d rent,” Corie says. In May 2010, she quit her job, moved back into her parents’ Washington State home and stitched together the plan for her online boutique, Little Borrowed Dress, which features 10 figure-flattering styles that rent for a wallet-friendly \$50 to \$75 a pop. Over the past four years, she’s outfitted tens of thousands of happy bridesmaids. We visited her stylish New York City office to chat and check out her fabulous frocks.

SEW CREATIVE “I had no fashion experience, but my job was all about strategy—I knew how to problem-solve. I ordered dress-form stencils to create sketches, then Googled ‘how to find factories,’ which led me to a guy who matched designers with manufacturers. To pay to make my first collection, I lived at my parents’ and my sister’s in Brooklyn and used \$30,000 I’d saved.”



A rack of dresses in Corie's showroom.



Corie's frocks are available in 18 colors.

FIT FOCUS “The most common complaint I heard from the women I surveyed was about the way bridesmaid dresses tend to fit. So I based my concept on my sister and me; she’s 5’ 4” and busty, and I’m 5’ 8”—different builds, yet we borrow clothes from each other. I looked at the things we share and the adjustable details that make them work [ties at the neck, elastic waists], then applied those details to my designs.”

ULTIMATE STRESS TEST “The first wedding we booked was my best friend’s. On her big day, our very rowdy guy friends kept teasing us: ‘What if we spill wine on you?’ Spills come out. We send everything to the cleaner after it’s returned. You’d have to do something extreme, like jump in a pool or set yourself on fire, to destroy a dress. Minor spills and snags happen, but they’re covered by the insurance fee in our rental price.”

NO-DRAMA “I DO’S” “I learned early on to establish good relationships with our factories. Our first summer, the dresses for a wedding with 10 bridesmaids—20 dresses, since we provide one free backup size per person—were stolen off the bride’s porch! Her wedding was two weeks away. She panicked. But luckily, our factory was able to quickly manufacture 20 more dresses.”

WHEN CORIE’S TURN COMES... “I’m single right now, but when I get married, I’ll give my friends the option to rent their bridesmaid dresses. They’re all at different points in their lives—a few have recently had kids; another is buying her first home. I’d rather they splurge on a dress they really love for date night.”

CORIE HARDEE

Age: 35

Current home: New York City

On coming up with a fresh business:

“Every great entrepreneur solves a problem that’s never been solved. Nail one down, then prove: 1) Enough people have the same problem, and 2) They’ll pay enough for your solution.”

Go-to interview question:

“‘What’s your favorite vacation spot?’ Then I ask them to sell me on it. It shows how people talk about something they believe in.”

On seeking a mentor:

“Look online for the e-mail of someone you respect and reach out. You’d be surprised how many people reply!”



NO ONE EVER ASKED IF HE HAD MY EYES

PEOPLE STRUGGLED FOR WORDS WHEN MY SON WAS BORN WITH A DISABILITY. NO ONE ASKED WHO HE LOOKED LIKE OR WHAT HE WEIGHED. THEY COULDN'T SEE PAST HIS DIFFERENCES — BUT ALL I SAW WAS A BEAUTIFUL BABY BOY

BY GINA D'ANNUNZIO, GH READER

"We'd gotten him a chair so he could sit up like a big boy. He was so happy with himself," says Gina of Matthew (at age 2).



A

AREN'T YOU going to show him to his mother?"

My son, Matthew, was born via an emergency cesarean section on a cloudless day in April 1989. After his birth, I anticipated tears of joy and possibly the thump of my husband hitting the floor from fainting. What I did not expect was hushed silence and that strange question from the anesthesiologist to my doctor.

Nothing seemed amiss to me when the nurse brought Matthew close to my face so I could see him. All I noticed was his thick, black hair and royal blue eyes.

I was 27. Matthew was my first child, and I didn't know what to expect during delivery. But something didn't feel right in the room after the nurse took him away. A baby had just been born, but no one was smiling.

After my incision had been closed, I was wheeled into a recovery room. My husband, Will, was there waiting, standing silently by the window.

"Will," I said, and he turned around, his eyes red, his cheeks wet with tears.

Before he could speak, a doctor rushed in. Matthew needed surgery, urgently. Will needed to sign the paperwork now.

For a few agonizing moments, I was by myself, left to my thoughts, a panic rising in my chest. When Will reappeared at the doorway, he was accompanied by a different doctor, someone from the neonatal intensive care unit (NICU), who cradled Matthew in his arms.

SOMETHING DIDN'T FEEL RIGHT AFTER THE NURSE TOOK MATTHEW AWAY

With sad eyes, the man told me what Will already knew.

"Mrs. D'Annunzio," he said. "Your son has spina bifida."

THEY DON'T PASS OUT "what to expect" books for parents of children born with disabilities. My husband and I were destined to navigate those choppy waters on our own. We had never heard of spina bifida, never learned about it during my prenatal visits. I was young, healthy, neither a smoker nor a drinker and not considered high-risk. In 1989, sonogram technology wasn't what it is today. Matt's condition

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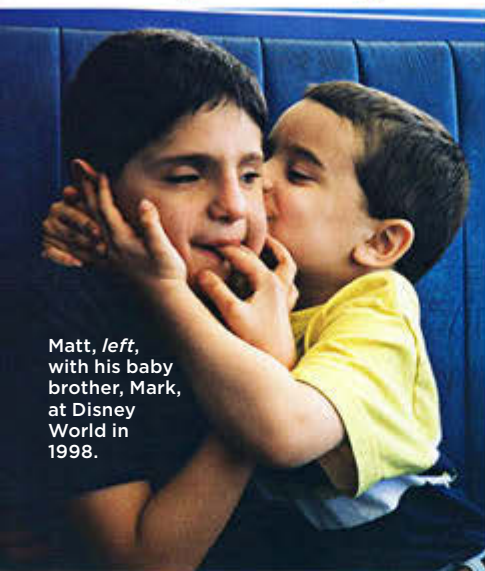
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Matt, left, with his baby brother, Mark, at Disney World in 1998.

had gone undetected in my ultrasounds. But even if my doctor had noticed something wrong, we wouldn't have acted differently. We wanted our child.

On the day Matt was born, the NICU doctor told us that spina bifida, a congenital disorder in which the spinal column does not develop correctly while a baby is in utero, was a lifelong disability. About 80% of people with spina bifida are born with the most severe form, which presents with a cyst like the one Matt had on his back. He was permanently paralyzed from the knees down. Over the course of his lifetime, he would need many surgeries.

The afternoon of Matt's birth was an overwhelming whirlwind of doctor visits, tests and phone calls. Matt was taken to the NICU, and I was moved to a private room, a dark, windowless box with equipment stacked

against the wall in a way that suggested it was being used as a storage space prior to my arrival. I was grateful for the privacy—all the better to let me weep without being watched or pitied—but angry at the same time. I imagined nurses scrambling to arrange the room to save me from having to see all the other mothers with their healthy babies, or maybe to save those very mothers from having to see me and my son.

Almost immediately, the phone calls from friends and relatives began. Everyone had questions. *How had this happened? What was spina bifida? Why hadn't I known about it before Matthew was born?* No one wanted to know how much he weighed or whom he looked like. No one ever asked if he had my eyes.

Visitors, loved ones, even doctors struggled for words, either not knowing what to

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OUR SONS' BOND IS A SOURCE OF GREAT JOY FOR US

say or saying too much.

"It's not your fault," one friend offered. "It's not like you did anything on purpose."

"Not exactly your Gerber baby, is he, Mrs. D'Annunzio?" a young resident said to us the same day, trying for levity, I suppose, and failing. His words cut through me. For the first time, I realized this would be the difference between my perception of Matt and the rest of the world's. Like any mother, I found my son beautiful. But there would be many people in his life who wouldn't be able to see him that way.

The night he was born, Matt had surgery to repair the opening at the base of his spine where his spinal cord was damaged. Two days later, doctors placed a shunt in his brain to correct the drainage of his cerebrospinal fluid, a device he'd need for the rest of his life.

Before Matt's first operation, his nurses brought him to me in my room. "I think this little angel belongs to you," one of them said, nodding at Matt, who looked so peaceful, swaddled and sleeping in the bed. After they took him away and shut the door, I sobbed until I shook.

Afterward, when I was brought to the NICU, I met a nurse who told me sternly that Matt had cried all night. While she was speaking, I looked toward Matt and noticed a pacifier with white medical tape on it beside him in his incubator.

"What's that doing there?" I asked.

"He kept spitting it out," the nurse complained. At some point in the night, she had taped it to his cheeks to keep it in place. I wanted to jump out of my wheelchair, grab Matt and run away. Just hours earlier he'd been pushed from the warm safety of

my body into the loud, harsh world. Already he'd faced enormous challenges. He had every reason to cry.

WE TOOK MATT home 10 days after he was born. In the 26 years since then, we've never been apart for more than a week.

Children with spina bifida are often not otherwise disabled, but in the first few months of Matt's life, we learned he was not only partially paralyzed, but also visually impaired and profoundly deaf. A few years later, when we put him in a school for the hearing-impaired, we began to realize he was cognitively delayed, too.

With every new diagnosis, my husband and I held each other up. We were high school sweethearts, and our foundation was strong.

Most of our relatives and close friends supported us fiercely, though a few friendships did not survive. When some of our friends' healthy children reached milestones—first steps, first words—it became harder to find things to do together. My husband and I pulled away from some, and others pulled away from us. Letters and phone calls grew fewer, and the distance between us widened until, eventually, they fell out of our lives. But there were never hurt feelings. We understood. And the friends who remained became family.

OUR DREAM HAD ALWAYS been to give Matt a sibling. Neither of our families had a history of disability, so we harbored very little fear about having a second child. After Matt was born, I took it upon myself to start seeing a high-risk ob-gyn for my yearly check-ups; though we were told the chances of our having



Matt, top left, with Mark in 1996 and above, in 1993, at age 4.

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*From left:
Will, Gina,
Matt and
Mark in
March.*

I LOOKED INTO THE ROOM TO FIND MATT ASLEEP ON THE FLOOR BESIDE MARK'S BED. HE HAD SNEAKED IN

another child with spina bifida were low, I wanted to ensure that my next baby and I had the best care possible. When Matt was 3, in stable health, and spending part of his days at a preschool for hearing-impaired children, the timing felt right. In 1993, our son Mark was born.

Matt has never said a word in his life, but we did not need to hear any to know that he was not happy about his brother's arrival. At first he acted as if Mark wasn't there, refusing to face him when we held Mark up for him to see. Soon, he began acting out in other ways—demanding my attention, crawling over when I was feeding or changing Mark, trying to pull him away or crying, sometimes for hours.

But two months after Mark was born, he finally accepted his brother. I could tell one day when Matt began putting his stuffed cars on top of Mark, who was sitting in his infant seat on the floor. I knew Matt was trying to play. I'd always believed that the best gift I could give Matt was a sibling, and it turned out to be true.

Mark became Matt's shadow, and Matt became Mark's. As an 18-month-old, Mark loved to grab Matt's toothbrush and try to brush Matt's teeth. When Matt was nearly 6 and his physical therapist was trying to teach him to climb the stairs, Mark—who had just begun practicing this skill himself—scooted up to the second floor and waved at Matt to follow. To our surprise, Matt did, fearlessly heaving his

body forward and upward, using his arms to propel himself. On every step, he'd spin around, look at his therapist and me, laugh, then turn back to his brother and press on.

IN 2012, WHEN MARK went away to college, Matt began to act out again in ways that reminded us of the weeks following Mark's birth. It was impossible to communicate to Matt what was about to happen, yet he knew instinctively that something was different. On his last day home, Mark packed up his television, computer and other belongings from his bedroom, and Matt noticed. That day, we left Matt with a relative so we could take Mark to school. After we returned, Matt peered into the backseat of our van, searching for his brother. Using sign language, we told him Mark would be sleeping at school now.

The new dynamic at home rattled Matt. Within a week, he stopped playing with his toys and started spending his days by the front window, waiting for his brother to return. Soon he stopped sleeping, and he didn't want us to sleep either, coming into our bedroom at all hours and tearing off the bedclothes. Insomnia, we learned later, can be a symptom of depression. As Matt grieved, we grieved with him.

But as is always the case with our first-born, he forgave. The first time Mark came home from school for Thanksgiving, Matt ignored him. But the next day, after Mark had gone to bed, I looked in on him to see

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Matt asleep on the floor beside Mark's bed. It had been years since the boys shared the same bedroom, but Matt had sneaked in.

Mark says that Matt has taught him to accept the unacceptable. He would change everything for his brother's sake, yet would change nothing about Matt for himself. He loves Matt exactly as he is. Their close bond is a source of great joy for us, and a tremendous relief.

We know Mark will take care of Matt when we are gone.

TODAY, MATT POSSESSES the cognitive ability of a preschooler. He can take a few steps if he has something to hold on to, like the seat of a chair, but mostly he uses a manual wheelchair. He has command of his upper body, and his arms are strong.

In many ways, life has stayed much the way it was when he was born. We help Matt bathe and tuck him into bed, just as we have done since he was small. Everything Matt holds dear fits into a canvas tote. We still shop in the baby aisles for his toys; his latest favorites are a soft, colorful robot, a plush giraffe and a stuffed yellow lion with an orange mane. Most have unbreakable mirrors sewn into them, which Matt loves. Because he cannot hear, he likes to look into them to see what's happening behind him. It makes him feel safe.

I have only dreamed of Matt as a healthy boy once. In my dream, I was at the top of the stairs and Matt yelled, "Bye, Mom! See you later!" I looked down to see him standing upright, tall and thin, with the same black hair, olive skin and broad smile, waving goodbye as he walked out the front door. It lasted just a moment, but it was so vivid—a comforting, sweet gift.

I do not know that healthy boy. I only know my Matt, a strong, spirited young man with spina bifida. I love his deep belly laughs and big smiles, signs that he's extremely happy. I love watching him eat—probably the thing that gives him the greatest pleasure in life—and I love cooking for such an appreciative audience of one. I love watching him try to communicate what he wants by pointing and gesturing, and celebrating with him when it's clear that he's been understood.

I love Matt because he is my son, and Matt loves me back because I am his mother, even if he has never said the word. I don't need to hear it.

I know. ♦

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found unexpected
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1 PROBLEM, 3 SOLUTIONS

I always make an effort to celebrate my mom on Mother's Day. My brother doesn't, which upsets her. How can I address it without causing family drama?



TELL HIM DIRECTLY. Don't flaunt your effort or accuse him of not doing his part. Say, "Hey, Dave, I know a card or flowers from you would boost Mom's spirits."

ASK FOR HELP. If you and your brother aren't close, another family member might be a more effective messenger.

GET OUT OF THE MIDDLE. Encourage your mom to talk to your brother (her son) about how she feels. After all, this problem is between the two of them.

Q We've been invited to a graduation party for our future son-in-law and his twin brother. We've never met the brother. Should we bring a present for him, too?

It's a party to honor both brothers, so it would be considerate to give each a gift. Something lasting, like a picture frame, could work for both, and you could personalize your future son-in-law's with a monogram. Graduates also always appreciate money; since you don't know his twin, it's OK to give your daughter's fiancé a larger sum.

PHILIP FRIEDMAN/Studio D (Peggy); Getty Images (flowers).

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GET INVITED BACK

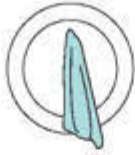
Be the best overnight guest with these politeness pointers



1

BRING A GIFT (OR SEND ONE LATER)

It could be something for the house, your hosts or the family (home-baked muffins, upscale soaps, a game). Or, treat your hosts to dinner out or cook a special meal. Also an option: If you come up with an idea while you're there, mail the gift to them with your thank-you note.



2

HELP OUT WITH HOUSEWORK

Offer to lend a hand, unless your hostess insists that you "just relax." (You can still be a great guest by talking with her while she works or entertaining the kids.) Remember to keep your room and bathroom tidy and your belongings out of the way. No one likes a messy guest.



3

KNOW WHEN IT'S TIME TO GO

There's truth in the classic quip, "Guests, like fish, begin to smell after three days." That said, the typical stay lasts two to four days, but the best length is one that works well for you and your hosts. Be sure to firm up arrival and departure dates with them *before* your visit.



4

LAST DAY: MAKE OR STRIP THE BED

It's best to ask your hostess which she prefers. When in doubt, strip the bed, but pull up the covers so it looks like the bed is made. Loosely fold the sheets and leave them at the foot of the bed or in the laundry room. Even better: Offer to remake the bed with clean sheets.

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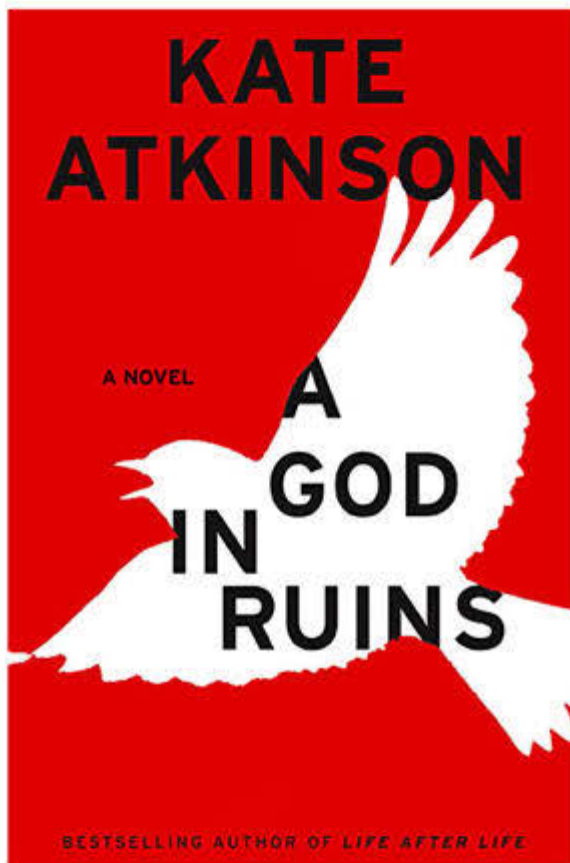
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GH READ OF THE MONTH

A SECOND CHANCE

After surviving war, a veteran faces a future he didn't think he'd have

IN KATE ATKINSON'S gorgeous, thought-provoking new novel (the companion to her time-bending best seller *Life After Life*), WW II pilot Teddy shelves his dreams, expecting he won't live to pursue them. Instead, comrades die, and he goes home, where he must build a new life. But after such loss, how? Once again, Atkinson explores the concept of paths not taken versus those that are. Her hero's journey has its trials—family illness, relationship regrets—but also joys and deep love. Quiet, humble Teddy is easy to root for. At the end of this tender story (a weeper, by the way), you won't want to let him go.

A God in Ruins by Kate Atkinson (\$28, Little, Brown and Co.)



MEMOIRS ABOUT MOM

True tales that'll tug her heart (and make you appreciate her even more!)

Listen to Your Mother

Edited by Ann Imig
Writers (including *All Fall Down* novelist Jennifer Weiner) reflect on wisdom gleaned from the women who raised them, motherhood and more in this charming, often funny essay collection. **\$26**

Hope and Other Luxuries

by Clare B. Dunkle
The author was oblivious to her daughter Elena's anorexia—until Elena nearly died. Now, nine years after their ordeal, both women are sharing their story. Elena's book, *Elena Vanishing*, also comes out this month. **\$25**

Pieces of My Mother

by Melissa Cistaro
Growing up, Cistaro could never understand why her mom ran off, abandoning her and her brothers. But years later, she discovers her mom's letters and sees her in a new light. **\$25**

Be Safe, Love Mom

by Elaine Lowry Brye
Being a military mom requires a good dose of strength and courage. Brye (who has four kids in the service) tells of her experience. **\$26**



VINTAGE POSTCARDS KITCHEN KITSCH

Looking for the perfect hostess gift? Give her Penguin's latest postcard collection, a set of 100 cards (including those above) featuring retro cookbook covers. They're fun to sift through—and pretty enough to put on the fridge!

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AUTHOR'S CORNER

WHAT'S ON YOUR NIGHTSTAND?

"*The Sense of Style* by Steven Pinker. This grammar guide is not your grandma's Strunk and White! Pinker's writing rules are smart and entertaining. I'm in love with every page."

— Lisa Genova, author of the new novel *Inside the O'Briens* and of *Still Alice*, now a major motion picture starring Julianne Moore



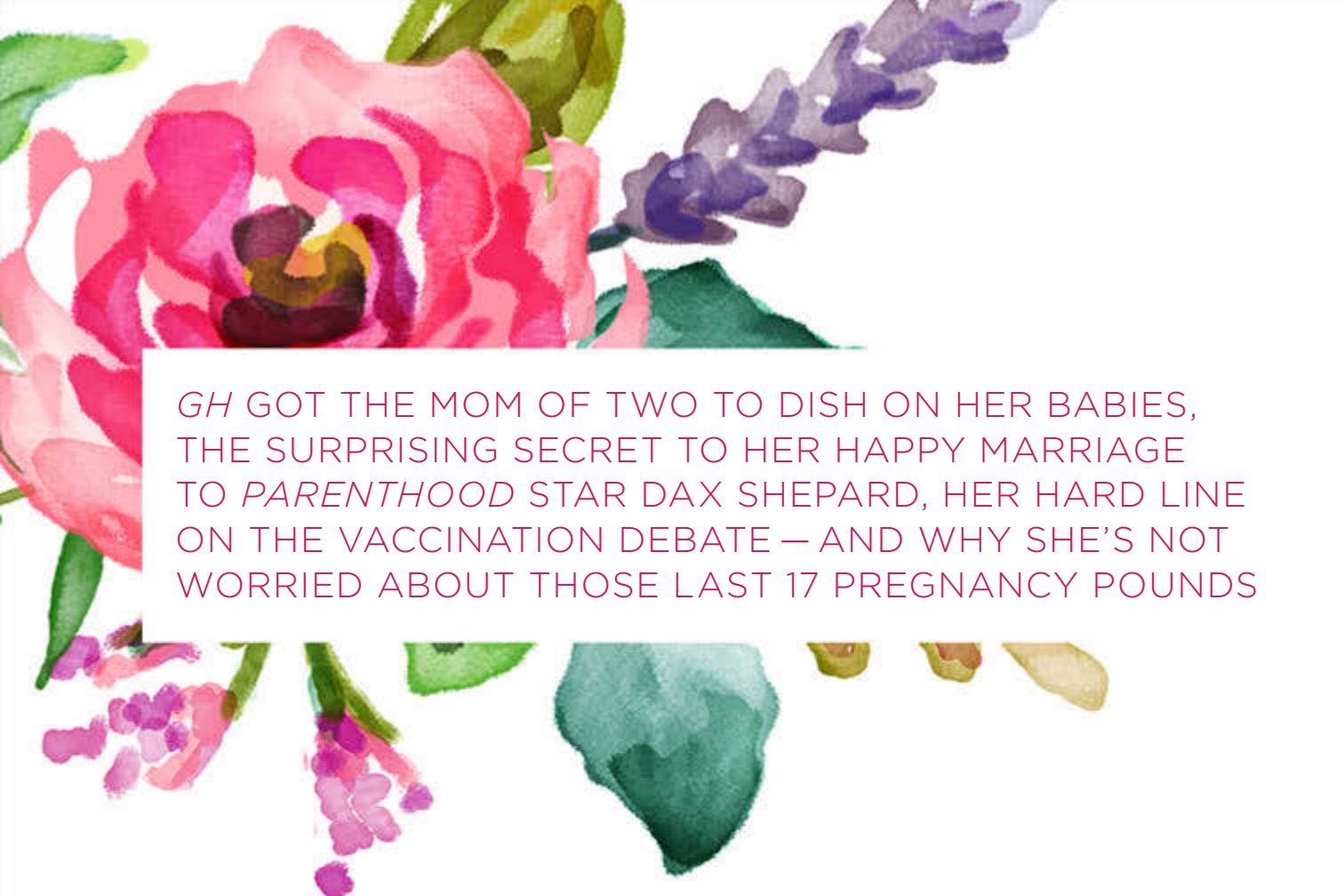
Jacket, Haute Hippie,
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Dress, reiss.com.
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rebeccadesigns.com.
Necklace, elizabeth
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HOLD THE PHONE! *Kristen Bell*,
THE ADORABLE STAR OF TV'S *HOUSE*
OF LIES AND THE VOICE OF *FROZEN*'S
ANNA, HAS SOMETHING TO SAY...

BY LORI MAJEWSKI
PHOTOGRAPHS BY HUGH STEWART





GH GOT THE MOM OF TWO TO DISH ON HER BABIES, THE SURPRISING SECRET TO HER HAPPY MARRIAGE TO *PARENTHOOD* STAR DAX SHEPARD, HER HARD LINE ON THE VACCINATION DEBATE — AND WHY SHE'S NOT WORRIED ABOUT THOSE LAST 17 PREGNANCY POUNDS

It's

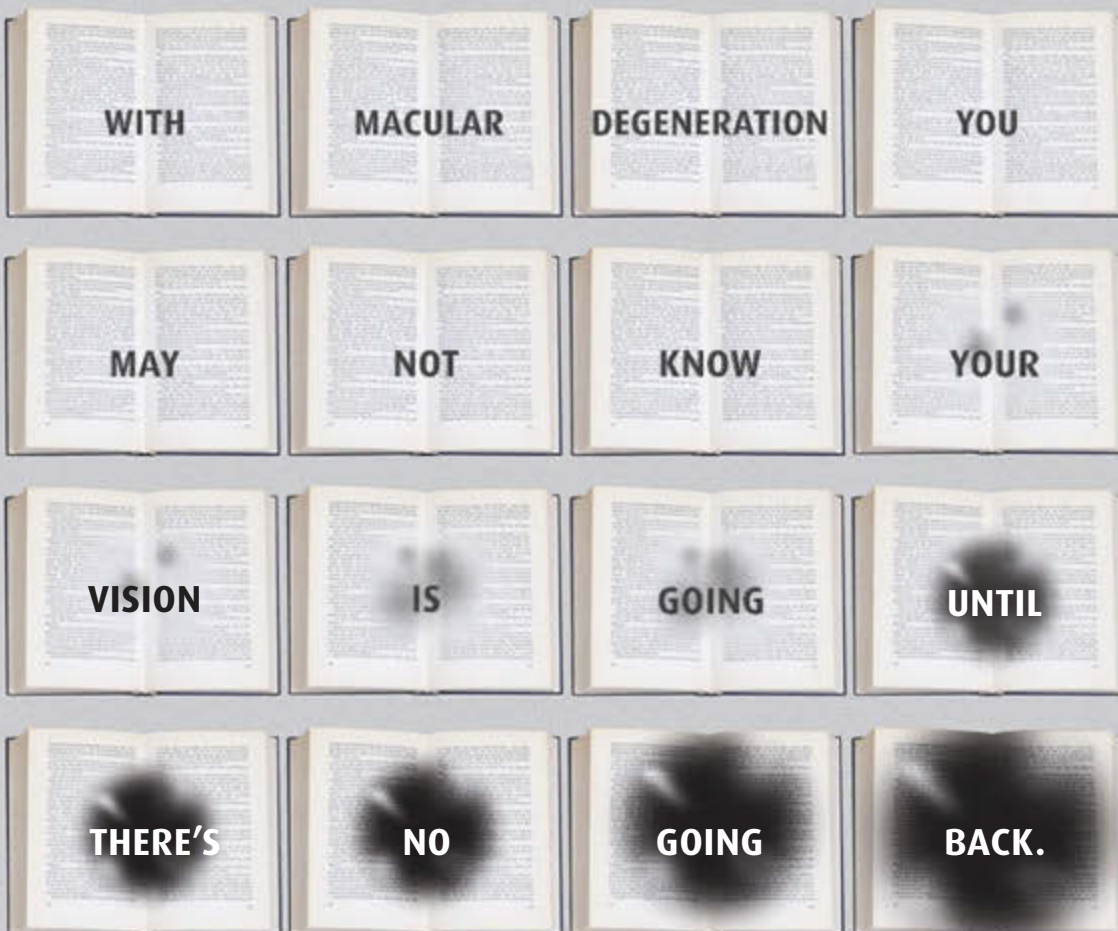
one thing to be punctual. It's another entirely to do what Kristen Bell did not long ago when she arrived super-duper early for her interview with *Good Housekeeping* — a full day early, to be exact. “If you received a prank call, it was me,” she says with a chuckle when she shows up at an organic eatery in the hip Los Angeles enclave Los Feliz the next day, explaining the mysterious, muffled voice mail she left after realizing she'd shown up 24 hours ahead of schedule. “I was too embarrassed to say anything!”

The reason for the brain fog? “Mom hormones,” she says, removing her helmet (she pedaled over on a cute mint-green cruiser) and then nodding at her fuller-than-usual bustline. A little over four months ago, after a grueling 33 hours of labor, Kristen, 34, gave birth to Delta, her second daughter with her husband of a year and a half, Dax Shepard, 40. The actors also have daughter Lincoln, 2, named after both the car and the president. (Delta's unusual moniker came from a pal, Kristen says: “Dax's friend texted, *Are you going to pick another badass name, like 'Delta Force'?*” Dax went, “Ooh! Delta!”)

In all fairness, Kristen also happens to be juggling a lot. She's been everywhere lately: playing schemer Jeannie Van Der Hooven on Showtime's *House of*

Lies, which wrapped for the season in March; cohosting the Independent Spirit Awards, the indie-film world's answer to the Oscars; and reprising her role as *Frozen*'s spunky Princess Anna in the new animated short *Frozen Fever*. (She'll soon do the same in the Disney hit's much-anticipated sequel, *Frozen 2*.) Right now she's shooting the big-screen comedy *Michelle Darnell* with actress Melissa McCarthy. “I'm nowhere near being able to hang with her,” she says reverentially of her hilarious costar, a friend of Dax's from their improv days in the L.A. troupe The Groundlings. “She is dynamite.”

But then, so's Kristen. Since starting a family with Dax, the Huntington Woods, MI, native, who made her name on the cult-hit TV show *Veronica Mars*, has made a point of choosing quality projects that are worth her taking time away from home. “It's not like my priorities have changed,” she says. “I still want to be a storyteller.” But she's firm with her boundaries. Earlier this year, Kristen delayed a script reading with McCarthy to finish a family vacation. “I told my agent, ‘My baby's four weeks old. I'm not putting my kids on hold right now, even for a couple of hours,’” she says. Dax and the girls are never far from mind. Before tucking into lunch, she peeks at her smartphone. “I want to make sure nothing has blown up,” she says, pressing Send on →

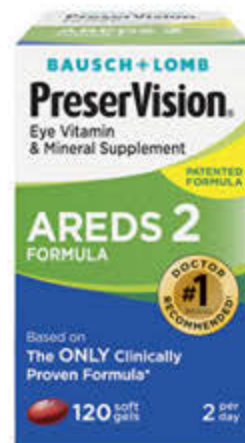


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a quick text-message to Dax. Her screen features a recent photo of the whole family, smiling with their eyes closed: “That’s the way Lincoln thinks you’re supposed to take pictures.”

To say kids have transformed their lives is a complete understatement, Kristen says: “Our dinner parties have changed. Now they involve guests who are in diapers and are a lot pickier. The other day, Dax said, ‘Where did we get all these kids?’” She laughs. “It’s weird to me that all of a sudden I have a family of four. I own two people!

“Our life has taken a turn, but not in a bad way,” she continues. “I yearn for more one-on-one time and romantic outings with my husband, but the kids have added a lot more excitement and a different kind of fun.” Will they have more? Nope: “I loved being pregnant—but I don’t want to be outnumbered!”

Typical Kristen, as candid as ever. Over lunch with *GH*, she tackled every question tossed her way (see excerpts from the chat below), offering intimate details about her second delivery (Delta took her sweet time!), life at home with her daughters and her couples’ counseling sessions with Dax. “I don’t mind advertising a healthy marriage,” Kristen says. “I’m trying, just like everyone else.”

I wasn’t positive I wanted kids. But I can now confirm having them is absolutely unmissable.

Before we had the girls, I asked a few people in my life who are annoyingly blunt and honest on every level if we

should, knowing that if it wasn’t worth it, they’d have the balls to say, “Listen, don’t. Live your life.” But across the board, everyone said it was unmissable. When Lincoln came out, at first I was like, *Eh, what do I do with it? I can take it home?* But when I started breastfeeding, the oxytocin or my hormones or hundreds of thousands of years of evolution kicked in. I didn’t want to let her go. Having kids feels like that first seventh-grade crush that overwhelms every molecule in your body, but it’s permanent.

You don’t get free time as parents; Dax hasn’t gone to the bathroom solo in three months, because Lincoln is obsessed with him! But other than the sleep deprivation in the beginning and trying to figure out how not to screw your kid up, the rewards are mountains larger than the battles. Lincoln just started singing her ABC’s yesterday. I left the house and she was singing a sloppy version of it, and I just had a huge grin on my face.

I’m not frantic about my career anymore.

I’ve gotten off that treadmill of *Let me read the next script; I hope they give me a chance for this part*. I still want to do really good, creative work, but I’m not nervous about it, because I get my self-esteem from [providing for] my children now. The girls need us, and feeling needed is a good feeling. In our house, we get our self-esteem from performing [kind], esteemable acts. When you’re feeling egotistical, our rule is that you have to drop it and help someone else.

WHERE YOU’VE SEEN KRISTEN:



On *Veronica Mars* (2004).



In the film *Forgetting Sarah Marshall* (2008).



With Don Cheadle on *House of Lies*.



As the voice of Anna in *Frozen*.

In *Frozen*, I wanted to see a princess similar to who I was as a kid.

When I was young, I bit my fingernails and was clumsy. I did not have good posture. That’s why I initially rejected the perfection of Anna [the way she was initially written]. We had a completely different script when I signed on. My character was very princess-y, very entitled, and the sisters Anna and Elsa were enemies. Before the project started, I said, “No, she’s got to be goofy.” After that, the filmmakers and I had a few conversations about how we could reroute it. Once we got to the dynamic of making →

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Sweater, 3.1 Phillip Lim, barneys.com. Earrings, sorrelli.com. Necklace, ben-amun.com.

A HOT FACE TOWEL IN THE MORNING IS THE ONLY “SPA” I HAVE TIME FOR...

I do that and apply moisturizer. When I was pregnant, I didn’t need moisture at all, but your body chemistry changes the minute the baby comes out. I find Neutrogena’s Hydro Boost [she’s the face of their Naturals skin-care line] soaks right in. I put on SPF and bronzer, then deal with these shaggy bangs that I’m still figuring out what to do with.

Elsa misunderstood and different, and having Anna refuse to believe her sister did anything wrong, it felt right. It’s a story about sisterhood, which, whether by blood or not, is this invisible line that pulls you to someone. I have it with my girlfriends; I have it with my stepsisters. It’ll be a special day years from now when I sit my daughters down and show them this movie.

I really wanted to have a vaginal birth with Delta after my earlier cesarean with Lincoln.

Listen, giving birth is fine. Of course it sucks—you don’t want to go through it every Saturday—but it’s fine. But with Delta, it was like a marathon.

My belly is extremely comfortable; neither of my girls wanted to come out of it. Lincoln was born via C-section, but

with Delta, I wanted a vaginal birth, because I wanted to be able to come home and carry Lincoln. I did not want my toddler to feel rejected because Mommy couldn’t lift her for five or six weeks or whatever. That was my priority.

So, when I woke up one morning with cramps, I knew I was in labor. Eighteen hours later, by midnight, we got to the hospital. I had an epidural and felt great. Eventually I was at seven centimeters, which is pretty far, but nothing was happening. I started walking around, which is [like a message to the baby]: “Get out! It’s eviction-notice time!” But I did that for three hours with no progression.

Finally, after checking the baby’s position with an ultrasound, the doctor told Dax, “I need to take her for the C-section.” I bawled for 10 minutes. I was so disappointed. I tried really hard! But she came out beautifully. They put her on

my chest, and I was so happy that everybody was safe and sound.

The gift of the Magi is that when I got home, Lincoln didn’t care that I couldn’t pick her up! She couldn’t have cared less.

I thought I would be anti-vaccination before I had kids.

I’m very crunchy, and happily so. But there is a lot of scientific, proven information out there that shows why vaccinations are necessary. Kids with autoimmune diseases, kids who are receiving cancer treatments—they can’t be vaccinated because their immune systems [can’t handle it]. If your kid has leukemia, he can’t get vaccinations; if he then goes to school with my kid and I chose not to give my kid vaccinations, I’m putting your kid at risk. To me, that’s unacceptable. There are the weak

among us whom we have to protect. As moms, our responsibility is not just to our kids—it's to all the other kids, too.

People often misplace fear. Your child is 100 times more likely to be struck by lightning than to have a severe reaction to a vaccine. That's a fact.

I still have 17 pounds to go to get back to my pre-Delta weight.

But I'm going to let it come off naturally. I'll work out and eat healthy, but I'm not desperate to shed the weight. Body image is what you make of it. I refuse to compare myself to anyone anymore. I've done it; it didn't make me feel good. I don't like comparison hangovers. I've actually lost weight more quickly this time around. I think it's because Lincoln keeps me really active. She's fast, man. She runs, she walks, she sasses me all the time. She's a wonderful handful.

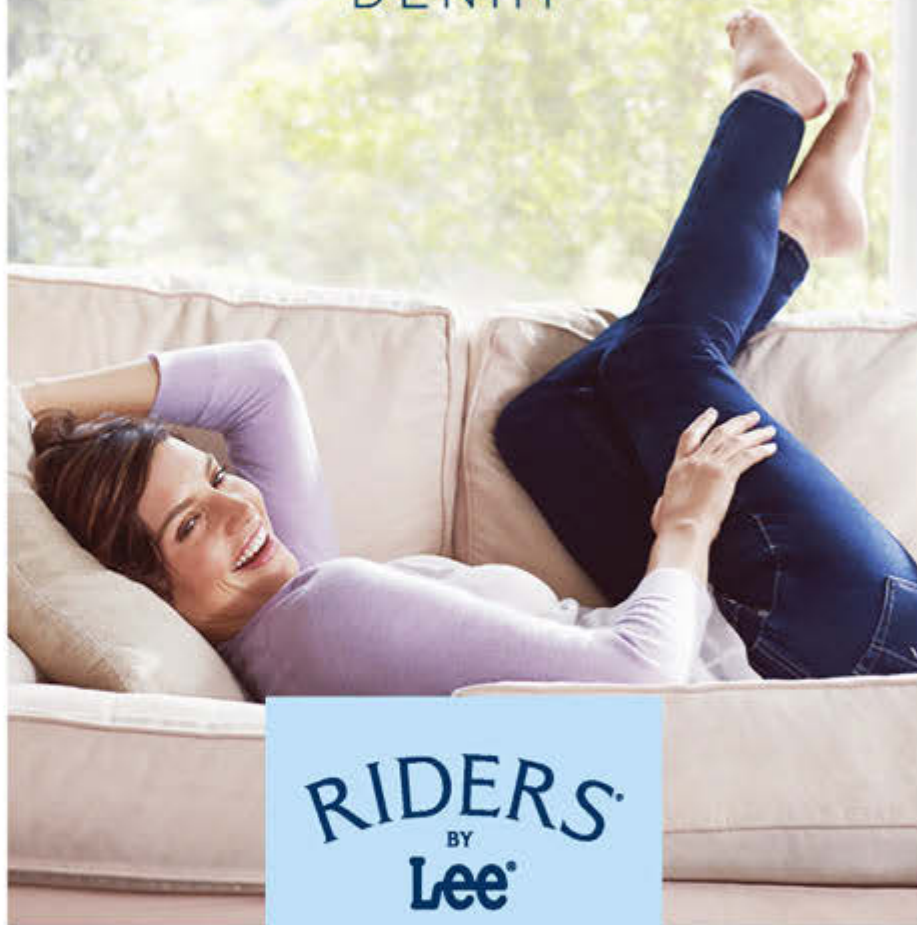
Baby sign language classes have been beneficial for Lincoln's brain and our family's sanity.

From maybe 10 months to 18 months, babies know what they want, but don't know how to say it. That's the reason temper tantrums start. But they can learn to sign. Lincoln started classes when she was 10 months old. She signed in full sentences before she talked. One time she was watching some off-roading video over Dax's shoulder, and she looked at him and signed, "Daddy, more motorcycles, please." It was awesome.

Every annoying cliché my mother has ever thrown my way has come to be.

I never understood my mom until I had kids. When she would look at me like I was the first drop of water she'd seen at the end of a desert trip and go, "You will never understand how much I love you," I would go, "God, get away! Enough!" Even in my 20s, I just thought, *You're so dramatic and overly sentimental*. Now I look at my kids that way and think, *Wow, this is a cycle*. Lincoln won't understand it until she decides to have kids...that's just the way it's supposed to be. Motherhood right-sized everything for me. I'm happier, and I was pretty happy before. →

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Kristen with her husband, Dax, who dropped by the set of her *GH* cover shoot for a few snaps.

WE GO TO *couples'* *therapy*



Robe, magaschoni.com. **Slip**, Lauren Ralph Lauren, ralphlauren.com. **Earrings**, dana rebeccadesigns.com. **Slippers**, Ugg, zappos.com.



SHE SAID, HE SAID

Kristen's 5' 1" and Dax is 6' 2". She's a self-described goody-goody and he's a former drug and alcohol user covered in tattoos. "We're the Paula Abdul video 'Opposites Attract' personified," Kristen says of her love story with her husband — and yet it works. When the two ran into each other at a Detroit Red Wings hockey game seven and a half years ago, "I thought to myself, *Who is this sparkly creature?*" recalls Dax. Since then, he says, "we've been pretty inseparable." Below, the pair hold forth on the relationship trick they swear by: counseling. (A really good thing!)

KRISTEN: I thought I had this life thing down pat when I met Dax. I didn't realize that I needed a much bigger toolbox to have confrontations and disagreements with people.

DAX: We have such different backgrounds, it's comical. Until I was 32, I thought the world was just wolves, that there was no way anyone was acting with any kind of benevolence. When I met her and her friends, I was suspicious of their unbridled happiness. I thought, *Something stinks here; they're in a cult.* But slowly I began to see her positive way of looking at the world. She gives people the benefit of the doubt.

There were hurdles, things she didn't trust about me, things I didn't trust about her. I just kept going back to *This person has the thing I want, and I have to figure out how we can exist peacefully.* So we started [seeing a therapist together] right away.

KRISTEN: You do better in the gym with a trainer; you don't figure out how to cook without reading a recipe.

Therapy is not something to be embarrassed about.

DAX: I noticed an actor and her husband on [a recent cover of a celebrity tabloid] that said *In Couples' Therapy!* The clear message is, "Oh, their marriage is ending." There's such a negative connotation. In my previous relationship, we went to couples' therapy at the end, and that's often too late. You can't go after nine years and start figuring out what patterns you're in.

KRISTEN: I used to have a temper. I loved slamming doors—I wanted a dramatic exit! But he, having worked through a variety of emotional issues to get sober, said, "This isn't going to work. This isn't how I'm going to communicate for the rest of my life." When someone doesn't fight back and goes, "I don't want to do this," that threat is real. It makes you reevaluate your behavior. The way Dax and I argue now — and we argue a lot; we disagree on almost everything! — is so healthy.

DAX: I read *Blink*, the Malcolm Gladwell book, and there's a chapter about this University of Washington researcher who interviews couples. His conclusion is that if you have contempt for your partner, it's done—you might as well get a divorce attorney. I said to Kristen, "We should try hard to police ourselves about becoming contemptuous of each other. If I ever see you roll your eyes at me, we need to hit Pause and figure out what's going on."

KRISTEN: If something pisses you off, you've got to find the balls to bring it up immediately, and say it in a way that the other person can hear. If you're still uncomfortable with both those things, you say, "I need to have a therapy session with you." There may be something that really hurt your feelings that you're scared to bring up. Go talk about it with a therapist who can mediate. You'll walk out of the room feeling like you're [on the same] team.

Dax helped me learn that I don't have it all figured out. Sometimes that's the greatest gift someone can give you. ♦

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The nearly 2-foot-tall MEDi high-fives kids after they get a shot.



DOC BOT

Coming soon to children's hospitals and medical centers around the country: MEDi, a real-life *Big Hero 6* Baymax that helps reduce kids' stress during scary medical procedures. One study found that kids with the robot at their side had up to 50% less pain and distress getting a shot compared to those without it. MEDi gets kids to relax via deep breathing and guided imagery—e.g., picturing a happy spot like the beach—and it even dances (MEDi wowed us with “Gangnam Style” during a visit). The robot can also be programmed to work with autistic kids and teach coding in schools—students program it to dance. Doctors and parents have been impressed with the results. rxrobots.com

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MIRIAM AROND
GH Institute Director

AS ANY MOM can tell you, parenting is one big balancing act. Here at the Labs, we keep that high-wire feat in mind when we decide what to investigate. (Take a virtual tour of the Institute at goodhousekeeping.tv/tour.) Now that my daughters, Sarah (*left*) and Elizabeth (*right*), are older, they eagerly check out our product test results and consumer alerts so they can live smarter and safer with all that they juggle. That's what *GH* is about: passing along expert wisdom from generation to generation. Happy Mother's Day!

FOLLOW ME
@miriamarond

ICKY
The dish sponge is the most bacteria-ridden item you use daily, finds a study from NSF International.



FROM OUR
CLEANING LAB

COMING CLEAN
Our recommendation: Skip it; it's not worth the money.

SPONGE CLEANER

It zaps odor, but doesn't kill a dangerous pathogen you should be worried about

SPONGES ARE BREEDING GROUNDS for stinky bacteria that can sicken us and harmful food-borne pathogens like *E. coli*. So our cleaning gurus were tantalized by the premise of *SpongeBath* (\$35), which claims to kill odor-causing bacteria. We tested its promise, and—because we wanted to know if it also killed *E. coli*, though that's not a product claim—we asked EMSL Analytical Testing Lab to infuse sponges with *E. coli*. **GOOD NEWS:** *SpongeBath* kept a sponge smelling fresher during several days of use versus one left out on a counter. **BAD NEWS:** After a 30-minute soak, it killed only 2.38% of *E. coli*. Also, a \$4 cartridge lasts only a month (a sponge costs about 45¢). **OUR ADVICE:** Soak a sponge for 5 minutes in a mix of 1½ Tbsp. bleach and 2 cups H₂O to nix odor *and* 99.9% of *E. coli*, salmonella and pseudomonas (a kitchen bacterium). Or, microwave a wet sponge on High for 2 minutes or toss it in the dishwasher for a cycle (Heated Dry setting) to kill 99.8% of bacteria.

BEST OF THE TEST

FLOWER DELIVERY



We ordered rose bouquets from nine sites. These were Mom-worthy:

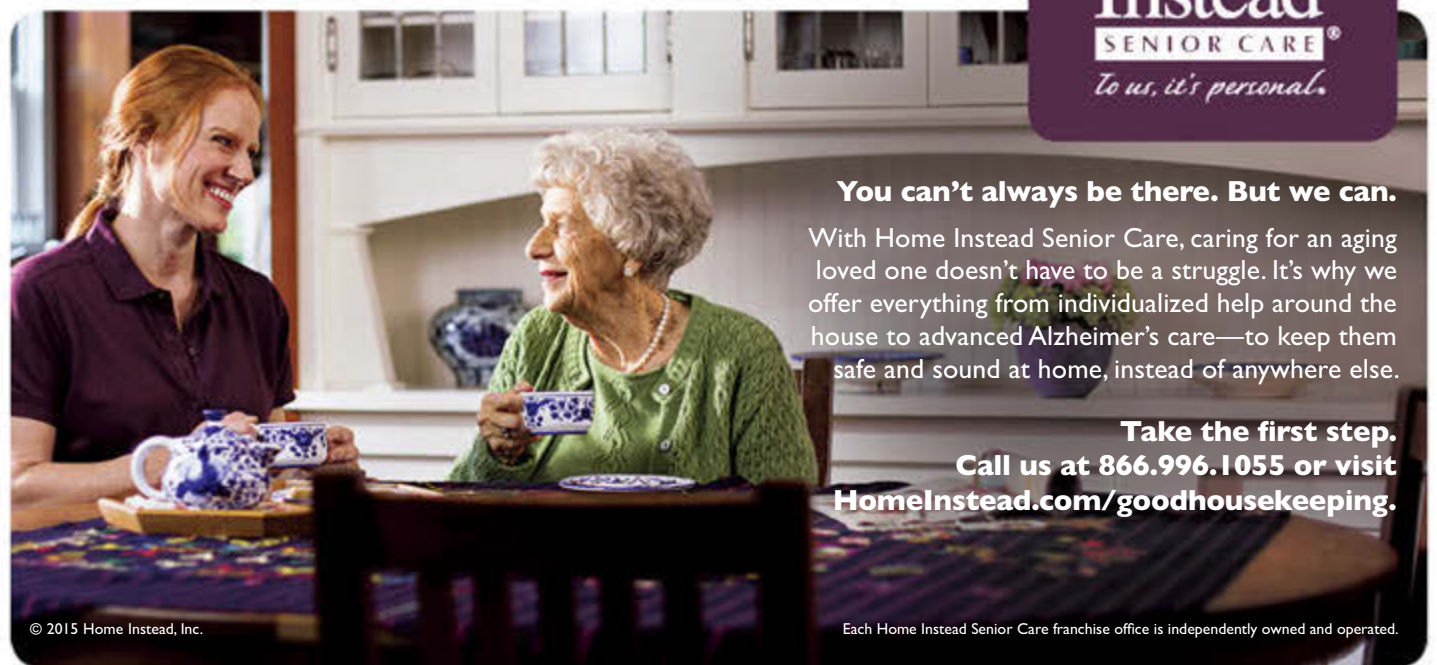
Best First Impression: *FTD's Fresh From a Florist Long Stem Pink Roses* (*left*), which are sent via local florists, came as a gorgeous arrangement that didn't need trimming. Seven days later, the rose heads had fully opened for extra wow. Vase included (\$75 + \$17 shipping).

Longest-Lasting: *1-800-Flowers.com Pink Petal Roses With Clear Vase* arrived with the buds closed but looking healthy. A week later, all were in bloom; two weeks later, it *still* looked divine. (\$45 + \$15 shipping; use **GHKMDAY** online until May 31 for **20% off on orders of \$39.99 or more**).



the forgotten kettle

a sign your aging parent needs help



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DANGEROUS PRODUCT RECALLS

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Kidde has recalled over 4.6 million plastic-valve disposable fire extinguishers that can fail to fully discharge in a fire emergency, posing the risk of injury. *To get a replacement extinguisher, go to kidde.com.*

TOO-SHARP TOY CARS

More than 250,000 Tough Treadz Auto Carrier toy sets have been recalled by Family Dollar Stores due to a risk of laceration posed by the sharp-edged metal cars stored inside the truck carrier. Return the toy to any Family Dollar Store for a refund. *Visit familydollar.com for more info.*

SAFETY ALERT!

DITCH THE MOTHBALLS

The traditional method of mothproofing winter wear in storage is on the outs. Experts say mothballs may pose a health risk. They contain naphthalene or paradichlorobenzene, both of which are pesticides whose fumes can irritate eyes and skin and can even affect the nervous system and liver. California considers them *known* carcinogens, and naphthalene is banned in the European Union. Bottom line: There are safer ways to protect your cardigans.

STORE CLOTHES SAFELY & EFFECTIVELY WITH THESE TIPS

CLEAN BEFORE STORING. Food and sweat stains are magnets for moths. Launder washables with detergent or dry-clean them. To kill larvae, which munch mostly on natural fibers, use hot water or dry on Low. Dry-cleaning also kills larvae.

SEAL IN AIRTIGHT CONTAINERS. This keeps out moths *and* moisture, which can lead to mold. A good bet: vacuum-sealed storage bags.

DON'T RELY ONLY ON CEDAR. The wood's oils may zap small larvae, but not large larvae or adult moths. Plus, it loses potency after a few years.

IF YOU FIND MOTHS: Move everything out and vacuum the carpet, walls and baseboards well (and ditch the vacuum bag or dirt—both may contain eggs). Scrub shelves and walls, then clean and store clothes properly. Deep-clean regularly to prevent future infestations.

PRICE CHECK WATER FILTERS

You don't need to drain your wallet to drink cleaner water. We comparison-shopped for GHI's fave brands

	TARGET .COM	WALMART .COM	BEDBATHAND BEYOND.COM	AMAZON .COM
 ZeroWater Replacement Filters (4-pack)	\$48.99	\$44.95*	\$49.99*	\$60.26*
 Pur Pitcher Replacement Filters (3-pack)	\$15.99	\$15.88	\$19.99	\$15.88

claim decoded: "BIODEGRADABLE"

While it *implies* that a product will decompose in a reasonable amount of time, most items in landfills won't break down for years due to lack of water, light and O₂. The FTC tells companies not to use the term unless they list details (e.g., "biodegrades in five years when composted at home"), and it's coming down on abusers. Don't see specifics? Be suspicious.

BEN GOLDSTEIN/Studio D; MIKE GARTEN (filters).

OUTDOOR TRENDWATCH GARDEN GADGETS

We're digging these innovations that help you plant and water your way to a bountiful yard



KNOW-IT-ALL SOIL SENSOR

Edyn Garden Sensor,
\$100 (iOS only)

Not sure where to sow the spinach seeds? Pop this tool into the dirt, and it'll report on nutrition, moisture and available sunlight (via the app) *and* suggest what to plant where. You'll also get alerts when plants need watering and fertilizing. It runs on sunshine (of course).



WEATHER WATCHER

Blossom, \$199

The device, which works with your existing in-ground sprinkler system, adapts to weather reports. (Expecting a shower? It will turn sprinklers off.) You'll save on your water bill and never overwater or under-water again.



SMART FEEDING

Miracle-Gro LiqueFeed Universal Feeder, \$16

Busy gardeners, rejoice: Fertilizing is now as simple as turning on the water. The system attaches to an outdoor faucet, then dispenses the right amount of fertilizer. Use it for all your greenery: veggies, flowers and houseplants, too.



ROAD TRIP APPS

Download these to help make summer adventures fun and stress-free.



Roadtrippers,
free (iOS, Android)

PLAN & DISCOVER

Plug in your route, and this app will map out attractions along the way, from hidden historical sites to state parks.



Camp & RV,
\$10 (iOS, Android)

CAMPER'S BFF

Get info on thousands of campgrounds, bridge clearances and Walmarts that let RVs park overnight for free.



RoadAhead,
free (iOS)

GAS & LODGING

How looonng until the next rest stop?! Now you'll know. The app also finds nearby cheap gas stations and top Yelp-rated hotels.



Animoto,
free (iOS, Android)

MEMORY MAKER

Create and share photos and videos with soundtracks, captions and more. No editing experience needed.

FROM OUR
BEAUTY
LAB



TRIED + TESTED

FACIAL BRUSHES

Can one of these devices replace your daily scrub? We analyzed how well 14 brands removed pore-clogging makeup and grime. These left testers' skin clean and radiant



LAB WINNER

Silk'n SonicCleanPlus

This gadget beat out all others for cleaning in our Lab analysis and topped testers' lists for leaving skin soft after one week (it was second in user satisfaction). Raved one fan, "My pores even looked smaller." **\$89**



TESTER WINNER

Clarisonic Smart Profile

The iconic brand scored highest in user satisfaction, due in part to its Turbo setting's rigorous massage (it was second in cleaning in our Lab test). "My face felt lifted," said a tester. Bonus: includes a body brush. **\$265**



BEST UNDER \$50

Olay ProX Advanced Cleansing System

This Seal holder snagged the top spot in the under-\$50 range. It's also the lightest in weight of our recommendations—perfect for travel. "It was gentle but effective," said a tester. **\$33**



FACIAL BRUSH 101

TIPS FOR GLOWING SKIN
FROM OUR BEAUTY DIRECTOR,
APRIL FRANZINO:

- 1 Pull hair back; using a mild cleanser, work your way in from the hairline (to prevent leaving residue along it).
- 2 Go over problem areas, like your T-zone, a second time; then swipe a makeup wipe in spots the brush can't reach (e.g., nose crevices, around your eyes).
- 3 Use the device in the A.M. or P.M. as a replacement for exfoliating or cleansing. Acne-prone? Make it an evening habit, since the day's buildup of oils can lead to breakouts.

HOW IT WORKS

WRINKLE RELEASER

We consider Downy Wrinkle Releaser Plus a godsend here at the Institute. The magic of its smoothing power is in a proprietary (hush-hush) blend of chemical compounds that coat and relax fibers.

QUICK RESULTS:

Ripples disappear as fabric dries, in about five to 10 minutes. Just spritz, tug and—presto!—it erases wrinkles, removes odors from clothing and bedding and eliminates static.

BEST USES:

It's most effective on lightweight to medium-weight fabrics, like pillowcases and light cotton clothes. For deeply wrinkled or heavier fabrics (e.g., denim, drapes), use it in addition to ironing. As a water-based formula, it's not recommended for dry-clean-only materials like silk and rayon.



One-liter bottle, \$7, available at stores nationwide

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The SunSetter is like adding a whole extra *outdoor room* to your home...giving you instant protection from glaring sun...or light showers! Plus it's incredibly easy to use...opening & closing effortlessly in *less than 60 seconds!*

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TRICKS OF THE TRADE

PAINT LIKE A PRO

We tested over a dozen gadgets to find ones that will let you finish up faster and get stellar results. Our experts loved these little helpers, all \$10 or less!



SMART STORAGE

Obvious Solutions Roller Keeper, \$7

Can't complete the job in a day? No need to clean the roller. Stash it in this container and pick up later where you left off. In our test, the roller was still moist and ready to go after a week.



MINI ROLLER

Shur-Line Touch-Up Painter, \$6

This dynamo lets you navigate tough-to-paint spots like corners and crown molding while still delivering the smooth finish of a roller. No brush marks or missed areas.



CAN DO

Handy Paint Pail, \$10

Small jobs call for downsized tools. This pint-size bucket carries one quart of paint and has a magnetic brush holder. You can also buy liners for it (six for \$4), so it's easy to clean for the next job.

tips for SUCCESS

Buy the right amount Generally, a gallon covers about 400 square feet.

Reduce fumes Our tests show that paints low in VOCs can be as effective as those with higher levels.

Be weather-wise Paint on a dry day; humidity may affect adhesion and prolongs drying time.



"If you put testing into the process, that's when you become more successful."

Ricky Howard

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The process of making a York® unit is impressive. Every step, every component, and every test leads to superior, long-lasting performance. Details matter to quality. This is how we make a York® for your home. This is how we build quality you can depend on.



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OF DESIGN AND
INNOVATION

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Seal Spotlight HOME IMPROVEMENT

Looking to make your house more efficient and boost its value? Start with these Seal holders — and get inspired with our window-buying tips

DOUBLE-HUNG



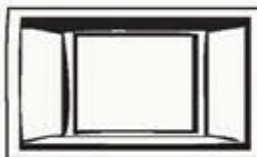
AWNING



CASEMENT



BAY OR BOW



THINK ABOUT STYLE

If you're replacing a window, you'll likely want to install one that matches the others in style. Starting from scratch? You have lots of options: double-hung (ideal for a window AC unit), awning (helps keep rain out even when open), casement (a side hinge allows an unobstructed view) or bay or bow (offers a panoramic view).

DECIDE ON MATERIALS

Your main choices are vinyl, wood and aluminum. Vinyl's the most popular, partly due to its weather resistance and affordability. Wood, often chosen for aesthetic appeal, may require more upkeep (regular staining/painting). Aluminum is low-maintenance, though it may not insulate as well as the others.

CONSIDER ENERGY EFFICIENCY

New windows can help lower bills. Pick ones that are Energy Star-certified—most styles from our Seal picks (*below*) qualify, thanks in part to a low-E coating, a transparent film that reflects heat while letting light in. And look for a low U-factor, a rating of how well a window keeps in heat (the range is 0.2-1.2).

GH WINDOW SEAL STANDOUTS:

1 WINDOW WORLD
America's largest exterior remodeler has more than 200 locations.
windowworld.com

2 CHAMPION
The company has earned our Seal every year since 2001.
championwindows.com

3 EARTHWISE WINDOWS
It's a Made in USA Certified company—99% of its window materials are produced here.
earthwisewindows.com

SEAL STARS TESTED + TRUSTED



JAMES HARDIE SIDING

The HZ5 line resists flames, frigid temps, termites and more—and comes with a 30-year warranty.
jameshardie.com



GAF ROOFING

These shingles come in numerous styles that can do anything from reflect sunlight to conserve attic heat to withstand high winds.
gaf.com



CLOPAY GARAGE DOORS

Aluminum, wood, steel—whatever the material or style, they're durable.
clopaydoors.com

A woman with long brown hair is lying on her side on a red sofa, which is placed on a grassy lawn. In the background, a man in a light blue shirt and dark pants is walking towards the camera. Two children, a girl in a plaid shirt and a boy in a yellow shirt, are playing with a ball. The scene is set in a park with many trees and a path in the distance.

MAYBE TODAY,
CHRONIC MIGRAINE
WON'T STAND IN
YOUR WAY.

If you have migraines with 15 or more headache days a month, you're living a Maybe Life.
AND YOU MAY ALSO BE LIVING WITH CHRONIC MIGRAINE.
But knowing this thing you're going through has a name means knowing you can find treatments that are right for you.

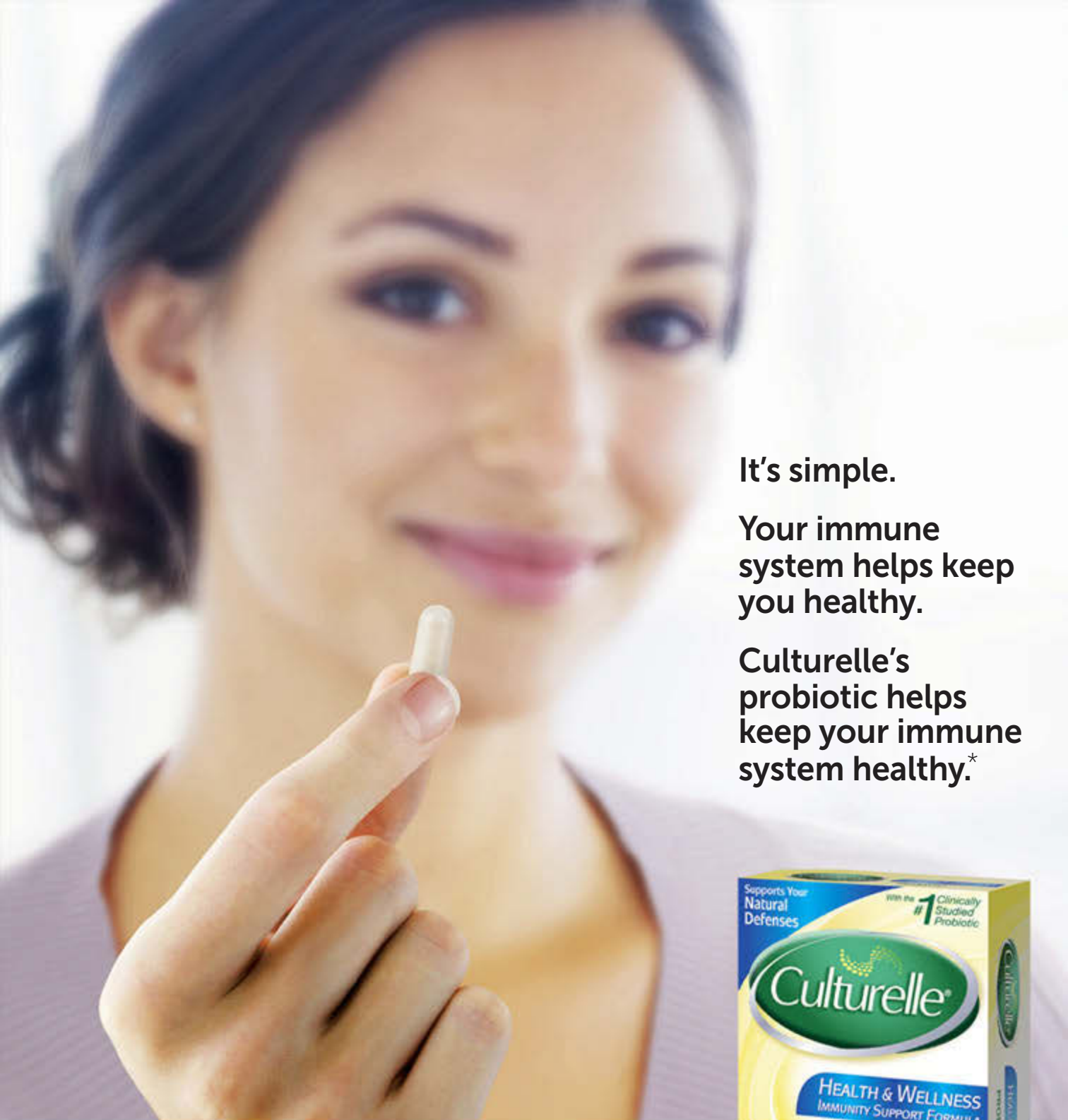
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AND FOR MORE INFORMATION, VISIT**

**MYCHRONIC
MIGRAINE.com**



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Your immune system helps keep you healthy.

Culturelle's probiotic helps keep your immune system healthy.*



Culturelle Health & Wellness Probiotic works in your digestive tract where, as doctors now know, 70% of your body's immune system resides. It contains the most trusted and clinically studied strain of good bacteria, Lactobacillus GG.[†] And when taken daily, Culturelle helps support your body's natural defenses.* So make every day a Culturelle day. **Culturelle. A Culture of Health.**



culturelle.com

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE US FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

[†]BASED ON THE NUMBER OF LACTOBACILLUS GG CLINICAL STUDIES, AS OF AUGUST 2014.

GOOD
HOUSEKEEPING

your BODY

HEALTH BREAKTHROUGHS. FUN FITNESS. DIET TIPS.

BOOST MEMORY IN A BLINK

Misplaced your purse? To find it fast, close your eyes. A recent study from the University of Surrey in the U.K. found that when people did so, they recalled details from a short video they'd just watched with 23% greater accuracy. The likely reason: Shut lids block out competing stimuli, allowing you to focus on jogging your memory. Just try not to picture a doorway— weirdly, other research suggests that merely thinking of one can trigger forgetfulness. Doorways, it turns out, are “event boundaries,” visuals that cue you to dismiss one room (or time frame) so you can concentrate on another. We know, we know— now you’ve got doorways on the brain. We’re sorry: You have our permission to shut your eyes and track down that bag.

HEALTH SMARTS



JULIA EDELSTEIN
HEALTH EDITOR

“Walking is my favorite mood booster, whether I’m in my hometown or traveling (above, I’m pounding a dirt path in France!). But walking doesn’t just make you feel better; it can also help you lose weight—and keep it off. See how on page 151.”

FOLLOW ME @juliasedelstein



SEAT YOURSELF

Thanks to this waterproof cover (which fits on just about any saddle and folds into a teeny two-inch packet), germaphobes can now rest—and ride!—easy on shared bikes. It’s great for spin class, too.

\$35, cityseat.com

**BIKE TO
WORK WEEK
STARTS
MAY 11**

WHAT WE’RE EXCITED ABOUT THIS MONTH

10-SECOND “SHOWER”

A little sticky after the walk or ride to the office? Rub one of these mint-and-cucumber wipes over sweaty spots. You’ll feel and smell better instantly—good news for you and your coworkers.

Mio Clean Slate Workout Swipes, \$33 for 25, mioskincare.com



GYM SAMPLER

Believe it or not, there’s an exercise class out there that you’ll love. The easiest way to find it: Nab a membership at classpass.com.

It gives you access to dozens of studios so you can try every option (including pricey boutique gyms) for a set fee. In 28 cities.

ClassPass (iOS), \$79 to \$99 per month, classpass.com



FRESH FIX

This stretchy rubber shell fits snugly over the uneaten halves of produce, from cucumbers to cantaloupes. The result: Fruit and veggies stow neatly in the fridge—and once they’re gone, you can reuse the “skin.”

Food Saving Wrap Set, \$20 for four sizes, uncommongoods.com

NICE LID

“Helmet head” is a compliment when you’re in this cute commuter model. And the holes are wide enough to fit most bike locks, so you can tether it to your wheels instead of toting it around.

Giro Sutton MIPS, \$100, giro.com



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It's slim and smooth so it fits comfortably under your clothes. Drop Your Pants to support the over 51 million women who may need a different kind of underwear.



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OUTSMART “OFFICE EYES” WITH A DESK MAKEOVER

Dealing with dryness, irritation or a dull ache? The cause is staring you right in the face (from 9 to 5, at least). Here's how to kick the pain—and keep on using your computer



DIM YOUR SCREEN

When your computer outshines the overhead lighting, the resulting glare can feel like an assault on your eyes, says optometrist James Sheedy, Ph.D., head of the Vision Performance Institute at Pacific University. Lower your screen's brightness level until it matches up with the room.



SCOOT TO THE LEFT

Most word processing software defaults to left-aligned pages that force you to shift your focus—you guessed it!—to the left, says Alan Hedge, Ph.D., director of the Human Factors and Ergonomics Lab at Cornell University. If you sit left of center, you can gaze forward instead. Much better!

69%
of Americans
suffer from
digital eyestrain
(a.k.a. pain from
screens).*



CHECK YOUR GAZE

Adjust your chair so your eye level hits near the top of your monitor. Since most people intuitively gaze downward 10 to 15 degrees, this position enables you to look comfortably at the center of your screen, says Sheedy.

Aa

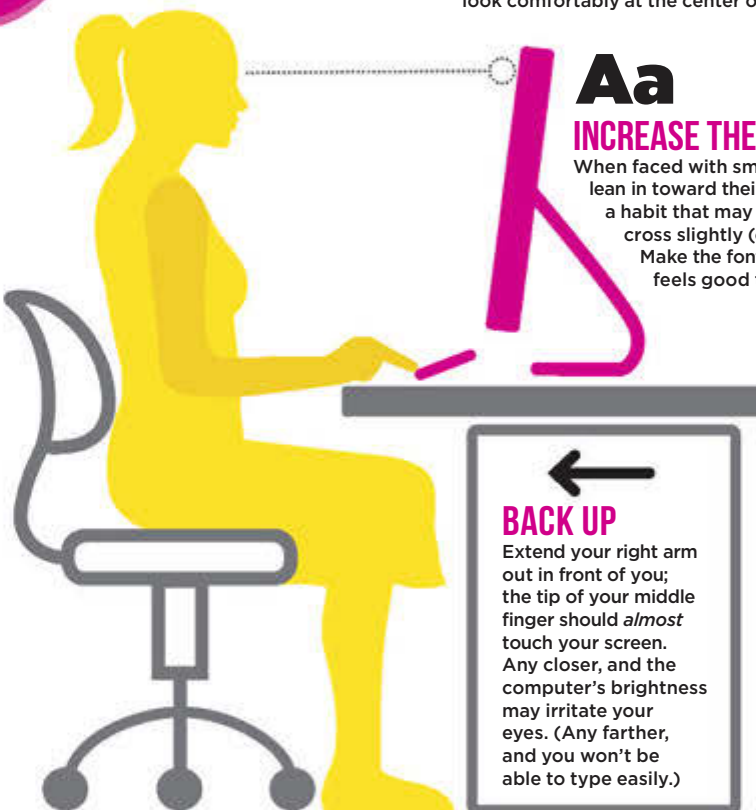
INCREASE THE FONT SIZE

When faced with small type, people often lean in toward their screens to read it, a habit that may make their eyes cross slightly (ouch!). A better idea: Make the font bigger—12-point type feels good to many.



TAKE BREAKS

Stick to the 20/20/20 rule: Every 20 minutes, look at an object at least 20 feet away for 20 seconds or more, says Hedge. (For bonus points, take a walk; changing your point of view lets you rest your “screen” muscles and engage others instead.) Blink rapidly, too: It refreshes your tear film. (Keep your eyes closed, and you may find your keys—see page 137.)



BACK UP

Extend your right arm out in front of you; the tip of your middle finger should *almost* touch your screen. Any closer, and the computer's brightness may irritate your eyes. (Any farther, and you won't be able to type easily.)

SIZE MATTERS!



IS YOUR GUY KIND?

Researchers just put their finger on an easy way to tell

Here's a fun experiment: Ask your husband/boyfriend/dad to show you his palms, and then see if his ring fingers are longer than his pointer fingers. Men with this digit combo (it stems from above-average testosterone levels in the womb) are sweeter to women than most other men, finds research in *Personality and Individual Differences*.

They tend to bestow more compliments and refrain from sarcasm, says lead study author Debbie Moskowitz, Ph.D. Why do they act this way? Moskowitz says in utero experiences may affect the brain's organization, which could have a lifelong impact on behavior. Whatever the reason, isn't it nice to know when you're in good hands? Thanks, science.

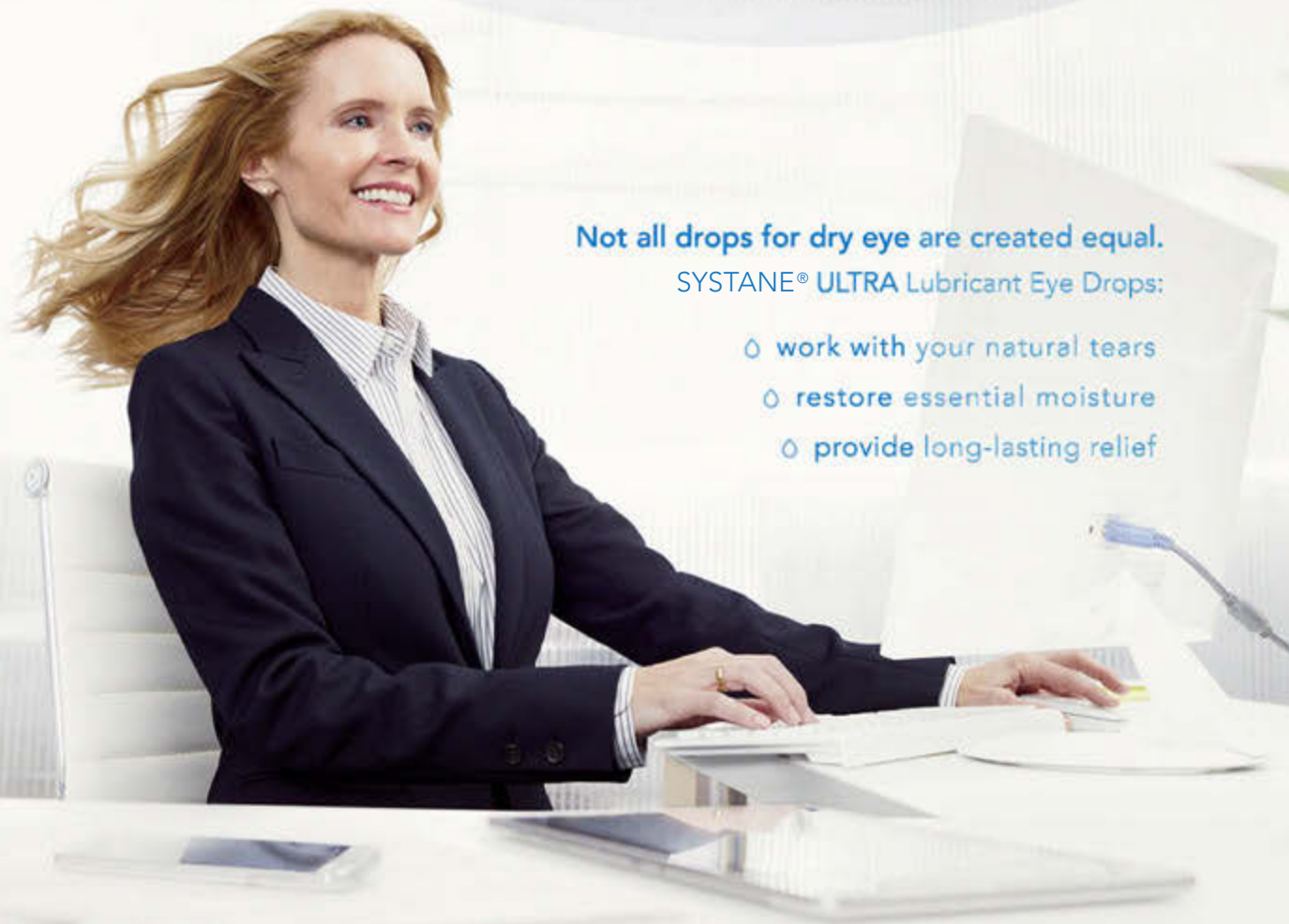


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systane.com

For the temporary relief of burning and irritation due to dryness of the eye.

*Based on a survey of 611 eye care professionals' recommendations for artificial tears and related products. MarketVision Research. January 2014.

†Pharmacy Times. OTC Guide Web site. otcguide.net. #1 Pharmacist Recommended Brand 2014-2015. Accessed April 2014.

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Systane
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JACLYN LONDON,
M.S., R.D.

GHI Nutrition Director

FOLLOW ME
@jaclynlondonRD

1 in 133

That's how many people have celiac disease in the U.S.; 83% have not been diagnosed.*

*Source: The University of Chicago Celiac Disease Center

SHOULD YOU GO GLUTEN-FREE?

THE ANTI-GLUTEN BUZZ has grown downright deafening—but that doesn't mean listening to it is wise. In many cases, gluten-free (GF) products are worse for you than their gluten-filled equivalents. When manufacturers remove gluten (a protein found in wheat, barley and rye) from a food, they typically replace it with one (or all) of three big flavor boosters: fat, sugar and salt. Eat these processed foods regularly, and you'll likely gain weight. (Below, packaged GF options that are better than most.)

More evidence: Gluten-laden whole-grain breads contain nutrients (B vitamins, fiber, iron) that your body needs. And did I mention that some GF products cost twice as much as the original versions—or more?

There's only one reason to go gluten-free: if a doctor determines that gluten is making you ill.

I happen to fall into this minority—I was diagnosed with celiac disease (CD) seven years ago. When celiacs eat gluten, their bodies launch an autoimmune attack that damages the small intestine. If left untreated, this can result in mild or severe ailments including gastric distress, migraine, fatigue, bone loss and even infertility. Those with non-celiac gluten sensitivity (NCGS) may experience some similar discomfort but don't exhibit the immune response. If you suspect you may have CD or NCGS, see a gastroenterologist. (Don't cut out gluten beforehand; your doctor needs to assess how it affects you.)

Bottom line: Naturally GF foods like fruits and veggies, low-fat dairy and lean protein are great. As for bread and pasta? Whole-grain versions take the cake.

TOP SWAPS TO TRY TODAY

These GH-approved foods will please your palate—whether or not you're gluten-tolerant



YOU WANT: PASTA

TRY: Nasoya Pasta Zero Fettuccine

Made from konjac (a Japanese tuber) and chickpea flour, these noodles are slippery and light. Toss with veggies or add to soups. *30 cals per package*



YOU WANT: PIZZA

TRY: Amy's Rice-Crust Roasted Vegetable Pizza

The rice-based crust is crispy—just how you like it! Top with roasted cauliflower and kale for extra flavor. *430 cals per pie*



YOU WANT: CRACKERS

TRY: Mary's Gone Crackers Hot 'n Spicy Jalapeño

Think of these crisps as perfect platforms for creamy cheese. They're made from brown rice, millet and quinoa. *140 cals for 13*



YOU WANT: BEER

TRY: Angry Orchard Summer Honey Hard Cider

This fizzy bev is refreshing and lightly sweet. Who needs hops? *180 cals per bottle*



YOU WANT: COOKIES

TRY: Lucy's Lemon Goodness Cookies

They're chewy on the inside, crunchy on the outside and sweet and citrusy the whole way through. *120 cals for three*



YOU WANT: BREAD

TRY: Rudi's Gluten-Free Double Fiber Bread

Less dense than other GF breads, this thick, nutty loaf pairs well with peanut butter and jelly. *70 cals per slice*



YOU WANT: CANDY

TRY: Unreal Candy Quinoa Peanut Butter Cup

You'll love the crunch (and 3 g of fiber) quinoa brings to these peanut butter cups. An indulgent treat! *170 cals per package*



YOU WANT: ICE CREAM

TRY: Yasso Frozen Greek Yogurt Bars in Coffee Chocolate Chip

Some frozen treats are sneaky sources of gluten, but this tasty combo is a safe bet. *100 cals per bar*



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2X more vitamin D vs prior formula.
Use as part of a healthy diet.

*Among doctors who recommend liquid nutritional products to their patients.

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LIFE IN.[®]

JUST 3 MOVES

Feeling tight? Loosen up from the shoulders on down with these **soothing stretches**. Try them after the gym or a power walk



GH TRAINER ON CALL

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1 FIGURE 4

STRETCHES HIPS, GLUTES

Lie on your back with knees bent, feet flat on floor. Cross right leg over left, resting right ankle on left thigh. Reach forward to link fingers behind left hamstring. Gently hug leg toward belly (as shown). Hold for 30 seconds, then switch legs.

AM I DOING IT RIGHT?

You should feel a stretch in your hips and glutes and the top leg's hamstring. If not, press your elbow into the top leg's inner thigh to open your knee wider.



GET THE GEAR:

Top, fabletics.com.
Pants, underarmour.com.
Shoes, newbalance.com.
Mat, gaiam.com.

BEGINNER TIP

If you can't reach the floor, bend your knees.



2 INCHWORM

STRETCHES GLUTES, HAMSTRINGS, CALVES

Stand with feet hip-width apart and gradually bend forward at waist until palms touch floor about 10 inches in front of feet. Walk hands out (as shown) to plank position (hands on floor, legs extended behind you, body in a straight line). Pause for a breath, then slowly walk hands back toward feet. Do 10 reps.

AM I DOING IT RIGHT? Legs should stay straight (don't lock knees). Keep feet stationary, moving onto toes when you go into plank.

3 CAT-COW

STRETCHES BACK, CHEST, SHOULDERS

Get on all fours, wrists in line with shoulders and knees in line with hips. Exhale, rounding spine (like a cat) and relaxing head toward floor (as shown). Inhale and transition into "cow": Lift tailbone and chest toward ceiling; let belly sink and keep chin raised. Alternate between "cat" and "cow" for 10 reps.

AM I DOING IT RIGHT? Gently rocking from "cat" to "cow" should feel more therapeutic than strenuous.



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Only Cottonelle® has CleanRipple® texture to get you clean,
giving you all the confidence you need to go commando.





HOLY GUACAMOLE!

Go ahead and dip that chip — new research shows it may help your heart

EATING A WHOLE AVOCADO every day as part of a healthy diet could lower your LDL cholesterol (the bad kind) by 13.5 milligrams per deciliter (mg/dL), reports a new study in the *Journal of the American Heart Association*. That's enough to bump your number from borderline-high to normal. Here are three ways to fit in this fruit (yes, fruit!) after you've OD'd on Mexican fare and spring salads. (Keep in mind: One avocado is about 320 calories.)



WHIP UP A SMOOTHIE

Swap $\frac{1}{4}$ ripe avocado for yogurt or milk. Add fruit (we like banana with mango), then 1 cup ice. Blend until smooth.



BAKE BROWNIES

Replace butter or oil with an equal amount of pureed avocado. Try it in your favorite mix or recipe. Need a recipe suggestion? Go to goodhousekeeping.com/easybrownies.



MAKE SALAD DRESSING

Whisk equal amounts vinegar (the type is up to you!) and ripe mashed avocado. Add salt and pepper to taste.

MIKE GARTEN (smoothie, dressing); Getty Images; istockphoto (brownies).

GOOD TO GO

GOOD to KNOW! for Walmart shoppers



Discover a whole new side of ranch with Hidden Valley®

Hidden Valley® brings you 5 new ranch flavors: Avocado, Cucumber, Cucumber Lite, Roasted Garlic, Sweet Chili. For delicious ways to enjoy them, visit hiddenvalley.com.

ALLERGIES? EASE ALLERGY SYMPTOMS WITH ALLEREASE

AllerEase® allergen barrier bedding products provide a clean, fresh sleeping environment by blocking out dust mites, pollen, pet dander and other household allergens that can trigger allergy symptoms. aller-ease.com



JO-ANN FABRIC AND CRAFT STORES

Jo-Ann Fabric and Craft Stores is America's go-to resource for sewing and crafting tools, supplies, and sewing and crafting classes. Be inspired by more than 10,000 FREE projects at joann.com/projects.



SAN ANTONIO SHOEMAKERS

Step out in casual color this summer with Pampa by SAS. Handcrafted with a comfy cushioned foot bed, soft leather straps and an on-trend wedge heel, Pampa is your warm weather essential. Visit SASshoes.com for locations.



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StriVectin TL Advanced™ Tightening Neck Cream, featuring breakthrough Gravitate-CF Lifting Complex™ and patented NIA-114™ technology that tightens, lifts and sculpts the neck and profile – immediately and over time. Results get better and better, week after week.




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—Nielsen Mobile Insights, Q4 '14

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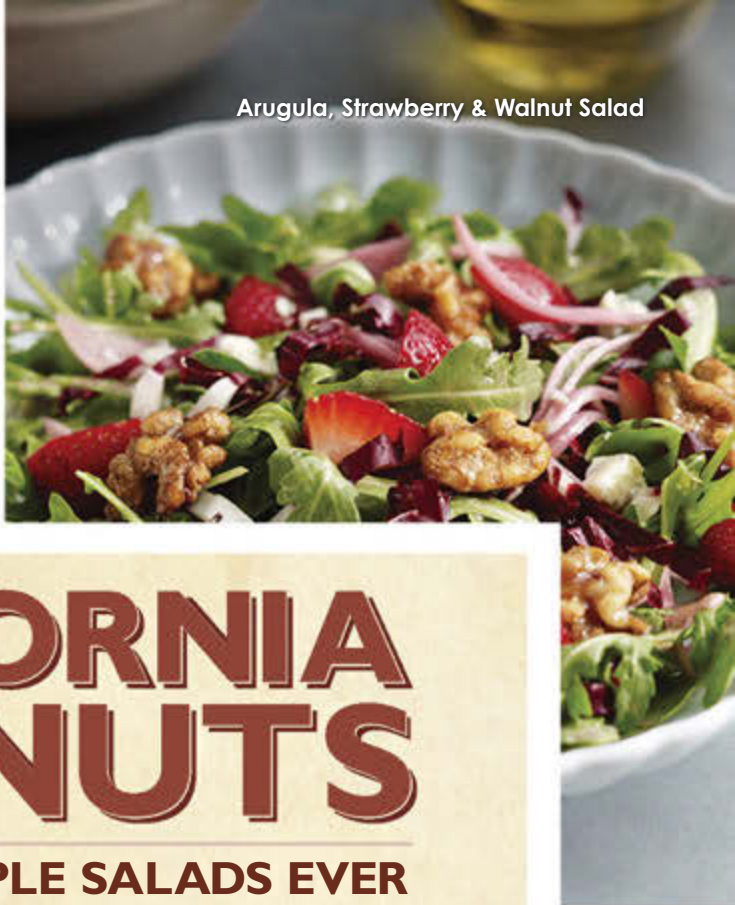
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Beef, Goat Cheese & Walnut Salad



Arugula, Strawberry & Walnut Salad



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walnuts.org   

Garden Salad with Walnut Vinaigrette



Wilted Spinach Salad with Grilled Onions, Walnuts, Avocado & Apples



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid - the plant based omega-3.

WALK IT OFF!

Spend a mere 30 minutes a day putting one foot in front of the other, and you could lose up to two pounds every week. Here's your totally doable (and fun!) action plan

BY KAREN ASP



Don't let arms just hang there! Keep elbows bent at a 90° angle and pump them back and forth.

It's OK to chitchat a bit, but most of the time your head should face forward, with chin lifted slightly.

Always hit the ground heel-first, then roll through your next step, pushing off with your toes.

DID YOU WALK FROM YOUR BEDROOM to the kitchen this morning? Then out to the car? Maybe to the mailbox and back? Nice work: You've already done something great for your waistline. A study in *Medicine & Science in Sports & Exercise* found that the more miles women covered each day in a brisk walk, the more their body mass indexes decreased. And the health benefits don't end there. Even small increases

in activity, like a heart-pumping 20-minute walk each day, can up your odds of living longer by 16% to 30%, reports a study in the *American Journal of Clinical Nutrition*. Walk even longer, and experts say the perks and pounds lost will multiply.

Intrigued? We've got easy calorie-torching routines, plus ab moves and gotta-get-'em shoes to get you strolling into a smaller size in no time. ➔



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BURN 150 CALORIES!

These two weight-loss walking circuits were crafted exclusively for *Good Housekeeping* by walking expert **Leslie Sansone**. Pick your favorite (or switch it up, depending on the weather), add a healthy meal plan (like the SuperCarb Diet at goodhousekeeping.com/supercarb) and core exercises (see “3-Minute Flat Abs,” page 154) and you could be up to eight pounds lighter this month!

OUTDOORS

Hoofing it in nature may help stave off depression, ease stress and even spark creativity. Plus, navigating uneven terrain is fantastic for boosting balance and toning your butt and thighs.

TIME	ACTIVITY	TERRAIN
5 min.	Warm-up, easy pace	Flat
5 min.	Brisk*	Flat
1 min.	10 jumping jacks, 20 curb step-ups, alternating lead foot	Near curb
5 min.	Brisk	Uphill
2 min.	20 jumping jacks, 20 step-ups	Near curb
5 min.	Brisk	Flat
2 min.	20 jumping jacks, 20 step-ups	Near curb
5 min.	Easy	Flat

TIME: 30 MINUTES
FREQUENCY: 4X PER WEEK

ON A TREADMILL

Nothing revs metabolism quite like doing intervals—and you'll find them in abundance here. The routine gets your heart racing and torches mega calories, too.

TIME	INCLINE	SPEED
4 min.	0%	3.5
15 sec.	10%	3
2 min.	5%	4.5
3 min.	0%	3
15 sec.	10%	3
2 min.	5%	4.8
3 min.	0%	3
15 sec.	10%	3
2 min.	5%	4.5
3 min.	0%	3.5
15 sec.	10%	3
3 min.	5%	4
2 min.	0%	2

TIME: 25 MINUTES
FREQUENCY: 4X PER WEEK

***PACE CHECK!** To gauge whether you're moving at a truly “brisk” clip, try to talk while you walk. Ideally you should be able to eke out a few words but not easily hold a conversation. You can also count your steps (brisk = 130 steps per minute).

POP IN A DVD We know what you're thinking: *You actually want me to march in place?* Well, yes, we do. But trust us, it's fun! These picks will have you sliding, skipping and sweating off inches in your living room.



MIX & MATCH WALK BLASTERS
The 10 walks on this Leslie Sansone DVD take 10 minutes each—great when you're time-strapped.
\$15, amazon.com



WALK ON: 21-DAY WEIGHT LOSS PLAN
Miami trainer Jessica Smith leads four 30-minute full-body routines that get you throwing punches and jumping while you walk.
\$30, amazon.com



DENISE AUSTIN: FAT BURNING WALK
Knock out 4,200 steps—plus a slew of high-impact jumps—in 30 minutes flat. There's a separate 10-minute ab routine, too.
\$15, amazon.com

SUPERSIZE YOUR SLIMDOWN

WEAR WEIGHTS

Women walking on an incline who donned a weighted vest equal to 10% of their body weight burned 13% more calories than those who walked sans vest, reports the American Council on Exercise. If you're 140 pounds, start with a seven-pound vest, or 5% of your body weight, and gradually work your way up to 14 pounds.

USE POLES

Sure, you may get a few quizzical stares. But walking with poles—a.k.a. Nordic walking—helps you engage your core, back and arms and increases your speed. The result: You “elevate your heart rate and up your calorie burn by at least 20%,” says Linda Lemke, a Nordic-walking instructor in Cold Spring, MN. (So let ‘em look!)

ADD HILLS

As you may have suspected, that burning you feel in your thighs as you power up a grade is a good sign. Research shows that walking at a 4% incline at 4.1 miles per hour for 30 minutes burns about 300 calories in a 170-pound person.



Bring Fido!
People may walk 24% faster with a dog than by themselves, per University of Missouri research.

Home-style Pot Roast dinner in 3 easy steps



[Recipe on back >](#)

3-MINUTE FLAT ABS

Find a teeny bit of time to shore up your core, and you'll get more than a whittled middle: Tight abs may increase your calorie burn when you walk. For best results, do this circuit twice through, four times a week.

CURL-UPS

Lie face-up on floor, knees bent, feet flat and hands behind head.

Lift shoulder blades off floor as you bring right knee toward chest.

Lower right leg and both shoulders to floor and repeat, this time bringing left knee toward chest.

Continue, alternating legs, for 10 reps.

KNEE HUGS

Start in same position as outlined at left.

Lift shoulders off floor, bring right knee toward chest and hug knee with both arms.

Extend left leg straight out a few inches off floor.

Release right leg to floor and return to starting position.

Continue, alternating legs, for 10 reps.

MODIFIED PLANK

Get on all fours.

Lower onto elbows, forearms resting on floor and elbows aligned under shoulders.

Extend legs behind you so your body forms one straight line. Hold for 15 seconds.

Step 1: Open the tray.
Step 2: Serve.
Step 3: Watch tail wag wildly.



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TREADMILL

LOOK FOR: A lightweight, flexible shoe that bends at the base of the toe.

TEST IT: Pull the toe backward; the shoe should give a little at the ball of the foot.

BUY IT: New Balance 1745, \$120, newbalance.com



TERRAIN

LOOK FOR: A contoured sole with grooves and a sticky grip. Avoid mesh uppers: Webbing may collect dirt.

TEST IT: Twist the shoe as if wringing out a towel. You should feel light resistance.

BUY IT: Altra Superior 2, \$110, altrarunning.com



PAVEMENT

LOOK FOR: A sturdy, durable fabric “upper” (especially around the heel) and a shallow tread.

TEST IT: Squeeze the heel from both sides; it should feel firm, not pliable.

BUY IT: Vionic Venture Walker, \$100, vionicshoes.com



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pineapple!



FRUIT FLOWERS

Dress up desserts with our genius oven-dried pineapple topper!

Peel and scoop eyes from 1 ripe pineapple. Blot dry with paper towel, then place on towel on cutting board. With serrated knife, thinly slice into $\frac{1}{16}$ -in. rounds; blot again. Place on parchment-paper-lined cookie sheets. Bake in 225°F oven for 30 min.; carefully turn slices over. Bake 30 to 40 min. more or until very dry. Place in cups of muffin pan; gently press down centers to form shallow cups. Let stand until stiff. Press gently into frosting.

FROM THE KITCHEN



SUSAN WESTMORELAND
FOOD DIRECTOR

"We love the easy trick below to remove strawberry leaves, no paring knife or huller required. It's even fun for kids. Bring on berry season!"

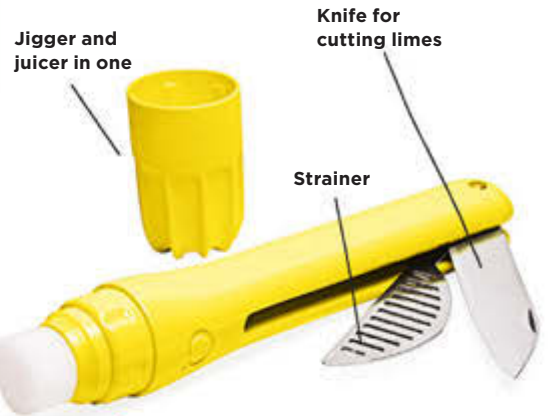
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WHAT WE'RE EXCITED ABOUT THIS MONTH



LOCAL FLAVOR

Premium ice cream maker Häagen-Dazs teamed up with food artisans from around the country to create six flavors (mmm, Applewood Smoked Caramel Almond, Banana Rum Jam...) inspired by their handcrafted sweets. Scoop up a pint before summer's end! **\$5.29 for 14 oz.,** haagendazs.us



MARGARITA MASTER

Think of it as the Swiss Army knife for your Cinco de Mayo cocktails: This nifty tool cuts and juices the lime, measures the tequila, strains the cocktail *and* salts the glass rim. **\$15,** quenchproducts.com



#GHHACK

Hull, yes, there *is* a faster way to prep strawberries. Just insert a plastic straw through the bottom center of the fruit, then push out the green stem. Remove and repeat. You'll be blending, baking and snacking in no time. Straw + berry = genius!



**SO TENDER!
PERFECT
FOR
SALADS**



THE NEW KALE

Who knew? The leaves of the broccoli plant are loaded with vitamins and minerals (nearly twice as much calcium as you'd find in kale!) and are great raw or cooked. **\$2 to \$3 a bunch,** thebroccoleaf.com



EASY WEEKNIGHTS

Whip up a slimmer dinner in no time. Each of these delicious dishes is 500 calories or less



#GHHACK

Add the pasta to your kale straight out of the strainer. The heat will parcook the leaves for perfect softness.

PHOTOGRAPHS BY MIKE GARTEN

Kale Caesar Pasta Salad

Cook 1 lb. **bowtie pasta** as label directs. In lg. bowl, whisk 6 Tbsp. **light mayonnaise**; $\frac{1}{3}$ c. grated **Parmesan cheese**; 3 Tbsp. **lemon juice**; 1 Tbsp. **Dijon mustard**; 1 Tbsp. extra virgin **olive oil**; 1 clove **garlic**, crushed with press; and $\frac{1}{2}$ tsp. each **salt** and **pepper**. Add 1 lg. bunch **kale**, stemmed and chopped, tossing to combine. While cooked pasta is still hot, add to kale mixture. Let cool slightly. Stir in 8 med. **radishes**, cut into quarters.

SERVES 6 About 390 cals, 14 g protein, 62 g carbs, 10 g fat (2 g sat), 4 g fiber, 435 mg sodium.

**TIP FOR TIPS**

Keep asparagus spears rubber-banded together. Use a chef's knife to chop off ends with one quick cut, then snip bands.

Dijon Pork & Asparagus Sauté

Rub 4 thick **boneless pork loin chops** (about 1½ lbs. total) on both sides with 2 Tbsp. chopped fresh **tarragon leaves** and ½ tsp. **salt**. In 12-in. skillet, heat 2 Tbsp. **olive oil** on med.-high until hot. Cook pork 5 min. or until browned on both sides, turning over once; transfer to plate. To same skillet, add 1 lb. **asparagus**, sliced on an angle, and 1 bunch **green onions**, sliced. Cook 3 min., stirring. Add ½ c. **dry white wine** and simmer 2 min. Stir in 1 Tbsp. **Dijon mustard**. Nestle pork into asparagus. Cook another 2 to 4 min. or until pork is cooked through (145°F).

SERVES 4 About 455 cal, 37 g protein, 7 g carbs, 31 g fat (9 g sat), 2 g fiber, 470 mg sodium.

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HOMEMADE CHILI POWDER

Mix 1 tsp. ground cumin, ½ tsp. ground coriander and ¼ tsp. each ground cayenne and garlic powder. Hot stuff!

Chili Steak with Hawaiian Rice

Heat outdoor grill on med.-high. Rub 1½ lbs. **skirt steak** with 2 tsp. **chili powder**, 1½ tsp. grated **lime peel** and ½ tsp. **salt**. Grill 3 to 4 min. per side or until desired doneness. Transfer to cutting board and let stand 5 min. Meanwhile, toss 2 c. chopped **fresh pineapple** with 1 c. packed **fresh cilantro leaves**, finely chopped, and 3 c. cooked **white rice**. Thinly slice steak and serve with rice. Garnish with lime wedges.

SERVES 4 About 500 cal, 42 g protein, 45 g carbs, 19 g fat (7 g sat), 2 g fiber, 430 mg sodium.

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HEARTBURN***

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CABLE GUY
ACTUAL USER**



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*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every 4 months unless directed by a doctor. May take 1 to 4 days for full effect. Not for immediate relief.
[^]^Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014
^{**}P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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**SNEAKY CHEAT**

Use store-bought ranch dressing instead of the buttermilk, green onions and salt.

BBQ-Ranch Chicken Wraps

Preheat oven to 425°F. In lg. baking dish, toss 1¼ lbs. thin **chicken breast cutlets** with ¼ c. **barbecue sauce**. Bake 20 min. or until cooked through. Meanwhile, in lg. bowl, whisk ¼ c. barbecue sauce; ½ c. **low-fat buttermilk**; 2 **green onions**, finely chopped; 1 Tbsp. **cider vinegar**; and ¼ tsp. **salt**. Transfer cooked chicken to cutting board; chop into bite-size pieces. To bowl with dressing, add 1 lg. head **romaine**, chopped; 1 med. **red pepper**, seeded and chopped; 1 c. fresh or frozen (thawed) **corn**; and chopped chicken and toss until well-coated. To serve, divide among 4 lg. plain or spinach **soft wraps**; fold to enclose filling.

SERVES 4 About 500 cal, 39 g protein, 64 g carbs, 10 g fat (3 g sat), 9 g fiber, 1,185 mg sodium.

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**Dietary acids can cause enamel erosion by softening and thinning enamel leaving teeth less white, weaker and sensitive.

***P&G calculation based on Nielsen U.S. reported xAOC unit sales for year ending week of 11.22.2014.

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**FISH TRADE**

No cod at the market? Try tilapia, but check it at the five-minute mark, since it's a thinner fillet.

Mediterranean Cod

In 10-in. skillet, combine 1 c. **marinara sauce** and 2 med. **zucchini**, chopped; heat to simmering on med. Sprinkle 4 **cod fillets** (about 1½ lbs. total) with ¼ tsp. each **salt** and **pepper**; add to simmering sauce. Cover; cook 7 min. or until cod is just opaque throughout. While cod cooks, in 5-qt. saucepot, heat 1 Tbsp. **olive oil** on med. Add 2 cloves **garlic**, chopped, and ¼ tsp. **crushed red pepper**. Cook 1 min., stirring. Add 1 lb. **spinach** and ⅛ tsp. salt. Cover; cook 5 min. or until spinach has wilted, stirring occasionally. On plates, top spinach and sauce with cod. Serve with a whole wheat roll. **Note:** Trying to cut back on salt? Look for a lower-sodium marinara sauce.

SERVES 4 About 320 cals, 35 g protein, 31 g carbs, 8 g fat (1 g sat), 8 g fiber, 1,295 mg sodium.

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LOVE BAKED IN

When I was a girl, my mother's home cooking was magic. After she gave me up, nothing ever tasted the same **BY SASHA MARTIN**

MOST PEOPLE can't understand how I can love a mother who was absent for most of my youth. It's an excruciating sort of love, the kind that can still make me laugh and cry even though it's been years since she and I came back into each other's lives.

Until I was 10, my mom's cooking gilded my world. My brother and I were raised on the recipes of her childhood—blushing bowls of Hungarian paprikash, pillows of homemade Italian ravioli—and I never felt ashamed of our welfare budget. No matter how little we had, Mom found a way, hemming pants for extra money to make the food of our dreams.

If her cooking was creative, Mom's parenting style was unconventional. A single mother (our father disappeared when we were young), she sometimes seemed over-

whelmed. Late one winter night, she and my brother had an argument. When he stormed out of the house in thin pajamas with nothing on his feet, she didn't follow him. "He'll come back once he realizes it's 30 degrees out," she said with resignation.

But her free-range parenting didn't fly with authorities. A passing social worker saw my brother that night; within hours, we were in the care of Social Services.

After that, our family became subsumed in conflict. There were foster homes. Court battles. Problems I was too young to understand. As our situation grew dire, Mom sent me to live with an old friend's family. When her friend's husband got a job in Europe, I moved with them, living in France and then in Luxembourg.

Despite our bond, Mom went into

retreat. Years went by without a letter from her. I struggled, too. Hungry to be with her, I wandered the Paris streets inhaling warm baguettes and croques monsieurs. But the restless eating did little to fill the void.

Eventually I made my way back stateside. I went to college, made friends, studied cooking and—in the midst of it all—found my way back to Mom. Though we remained unsure of how to relate to each other, a passion for food still bonded us.

Once, I visited her at the convent in Boston where she was living at the time, renting a small room and baking bread for the nuns. When I arrived, Mom welcomed me. "Come in!" she said easily, as if there'd never been a gap in our relationship. Little things were hard to ignore: her quickened chatter, ripe with nervous energy; the way conversation stalled; how our hugs still felt like questions instead of affirmations.

But when we entered the convent's industrial kitchen, the awkwardness faded. "We're going to bake bread," she announced. I copied her movements, dumping sugar, yeast, salt and flour into the aluminum bread machines.

"Don't get ahead of yourself," she warned when I began filling my measuring cup with hot water. "If the water's too hot, it'll kill the yeast, and the bread won't rise." I didn't have the heart to tell her that I'd already learned this wisdom twice—once while writing my college thesis on artisan bread-baking and again at the Culinary Institute of America. So I let her show me. More than any institution, I needed *my mom* to be my teacher.

A few hours later, we pulled the loaves out of the oven. Mom sliced me a piece and we ate silently, at ease in the moment.

My mother isn't perfect—no one is—but I know now that she tried to give me the best childhood she could. She was brave to send me to live with friends who could offer me a life she couldn't.

Sometimes I overthink how to love her. But the simple act of baking together reminded me that loving someone can be uncomplicated—as simple as sharing a slice of warm bread.

*Food blogger Sasha Martin is the author of the new memoir **Life From Scratch** (\$25, National Geographic Books), out now.*



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the PANTRY



Ultimate Classic Waffles

PREP 10 MINUTES
TOTAL 25 MINUTES

- 1¾ c. all-purpose flour**
- 1½ tsp. baking powder**
- 1 tsp. baking soda**
- ½ tsp. salt**
- 2 c. low-fat buttermilk**
- 2 lg. eggs**
- 3 Tbsp. sugar**
- 3 Tbsp. vegetable oil**
- 1 Tbsp. vanilla extract**

1. Preheat waffle maker. In lg. bowl, whisk flour, baking powder, baking soda and salt. In med. bowl, whisk buttermilk, eggs, sugar, oil and vanilla. Add buttermilk mixture to flour mixture. Stir until just combined (small lumps are OK).

2. Spray waffle maker with nonstick cooking spray. Add ½ c. batter to waffle maker. Close waffle maker and cook 2 to 5 min. or until golden brown and crisp. Keep warm by placing directly on oven rack in 225°F oven. Repeat with remaining batter. Cooked waffles may be cooled, wrapped tightly in plastic and frozen for up to 1 month. Reheat in toaster oven or 350°F oven 8 to 10 min. (directly on oven rack) until hot and crisp.

MAKES 8 About 225 cal, 7 g protein, 30 g carbs, 8 g fat (1 g sat), 1 g fiber, 490 mg sodium.



Falafel Waffles

PREP 20 MINUTES
TOTAL 35 MINUTES PLUS SOAKING

- 1 box (10 oz.) falafel mix**
- ½ c. olive oil**
- 1 lg. egg, beaten**
- ½ sm. red onion, thinly sliced**
- 1 c. packed fresh cilantro leaves**
- 1 c. packed fresh parsley leaves**
- 3 Tbsp. lemon juice**
- 2 Tbsp. red wine vinegar**
- 1 seedless (English) cucumber, sliced**
- 1 pint mixed cherry tomatoes, cut into halves**
- 3 oz. feta cheese, cut into sm. cubes**
- Dill leaves, for garnish**

1. In lg. bowl, to falafel mix, add ¼ c. olive oil and egg along with water as label directs, stirring to combine. Let stand 15 min. Meanwhile, soak onion in cold water.

2. Preheat waffle maker. In food processor, pulse cilantro, parsley, lemon juice, vinegar and ½ tsp. pepper until finely chopped, scraping down side of bowl occasionally. With machine running, add remaining oil. Transfer half of vinaigrette to lg. bowl along with cucumber, tomatoes and feta. Toss to combine; set aside. Reserve remaining vinaigrette.

3. Spray waffle maker with nonstick cooking spray. Add heaping table-spoon falafel mix to waffle maker; repeating to form 4 small mounds. Close waffle maker, pressing top down gently. Cook 3 to 5 min. or until deep golden brown and crisp. Repeat with remaining falafel mix. Drain onion, add to salad. Serve falafel with salad; drizzle with reserved vinaigrette.

SERVES 4 About 600 cal, 21 g protein, 51 g carbs, 38 g fat (7 g sat), 15 g fiber, 980 mg sodium.

Sweet raisins and tart cranberries.

Together at last.

I love redheads

Stop, I'm blushing



New Kellogg's Raisin Bran® with Cranberries.

The tongue-teasing taste of tart and sweet, plus an excellent source of fiber and Antioxidant Vitamin E.





Waffle Hash Browns

PREP 10 MINUTES
TOTAL 25 MINUTES

- 2** lg. Russet potatoes (about 1½ lbs.), peeled and shredded
- 2** Tbsp. snipped chives
- 4** lg. poached eggs
- Cooked breakfast sausage, for serving**

1. Preheat waffle maker.
2. Using 2 or 3 layers paper towel, firmly squeeze all excess liquid from potato. Transfer to med. bowl, along with chives, ½ tsp. salt and ¼ tsp. pepper.
3. Spray waffle maker with nonstick cooking spray and add ½-in. layer of potatoes per waffle. Close waffle maker, pressing down firmly. Cook 12 min. or until deep golden brown and crisp. Keep warm on cookie sheet in 225°F oven. Repeat with remaining potato mixture. Serve with poached eggs and sausage.

SERVES 4 About 205 cal, 9 g protein, 29 g carbs, 6 g fat (2 g sat), 2 g fiber, 445 mg sodium.

Mmm... MORNING!



Womelets

PREP 20 MINUTES
TOTAL 40 MINUTES

- ¾** c. all-purpose flour
- ½** tsp. baking powder
- ¼** tsp. salt
- 4** lg. eggs
- 2** Tbsp. olive oil
- 1** c. chopped cooked potatoes
- ½** c. shredded Gruyère cheese (about 4 oz.)
- ¼** c. drained and chopped pickled peppers
- 2** green onions, finely chopped

1. Preheat waffle maker. In lg. bowl, whisk together flour, baking powder and salt. Add eggs and oil; whisk to combine. Fold in potatoes, Gruyère, peppers and green onions.

2. Spray waffle maker with nonstick cooking spray and add ¼ c. batter. Cook 5 min. or until deep golden brown. Keep warm on cookie sheet in 225°F oven. Repeat with remaining batter. With 3-in. cutter, cut womelets into rounds, if desired.

SERVES 6 About 180 cal, 8 g protein, 10 g carbs, 12 g fat (3 g sat), 1 g fiber, 320 mg sodium.



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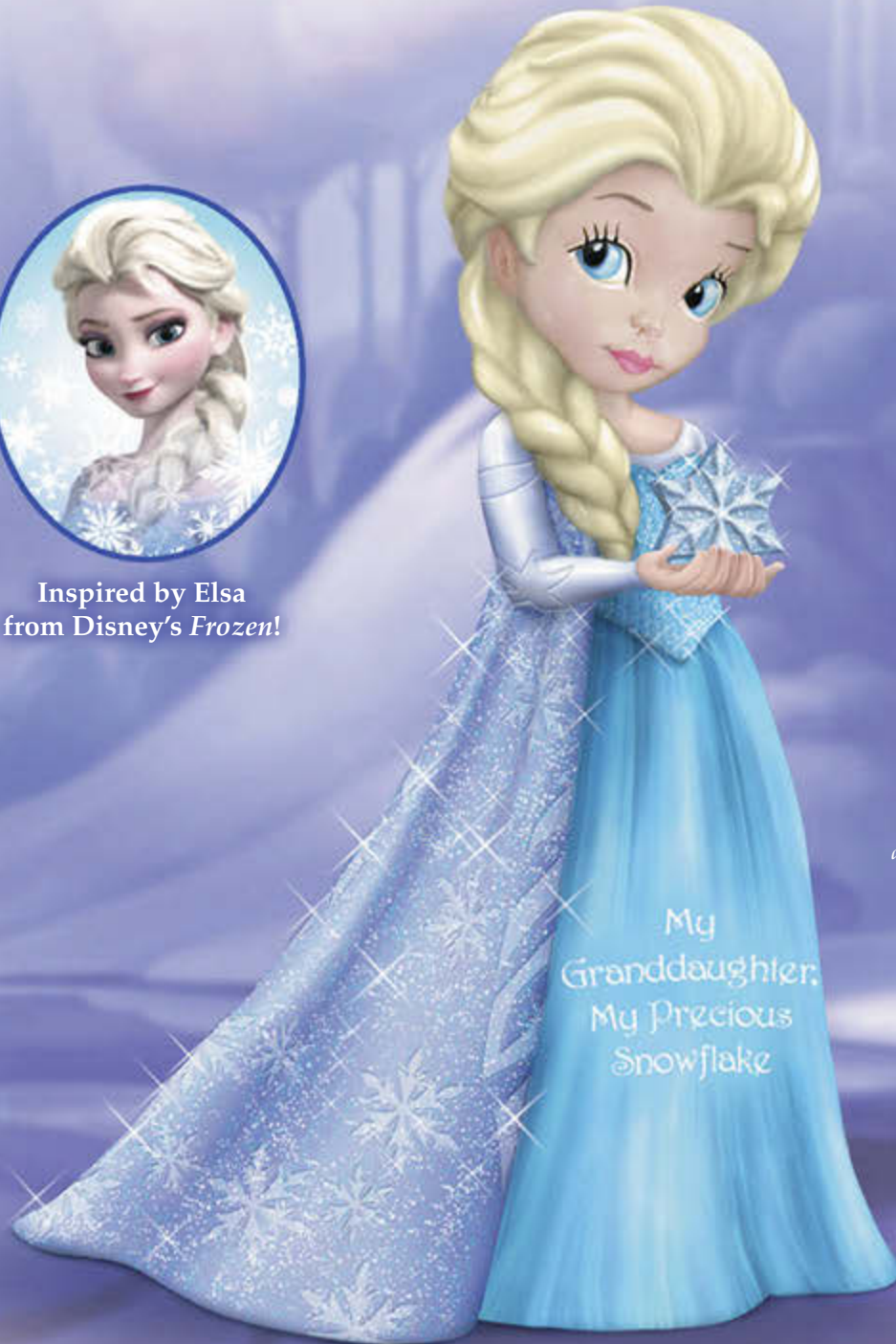
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high to showcase
the handcrafted detail!*

My
Granddaughter,
My Precious
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Wonuts

PREP 15 MINUTES
TOTAL 35 TO 50 MINUTES

- 1½ c. all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. ground cinnamon
- ½ tsp. salt
- 1 c. whole milk
- ⅓ c. sugar
- 2 lg. eggs, beaten

- 4 Tbsp. butter, melted
- 1 tsp. vanilla extract

1. Preheat waffle maker.
2. In lg. bowl, whisk flour, baking powder, cinnamon and salt. In med. bowl, whisk milk, sugar, eggs, butter and vanilla. Add milk mixture to flour mixture. Stir until just combined (small lumps are OK).
3. Spray waffle maker with nonstick

cooking spray and add scant ⅓ c. batter to center. Close waffle maker; cook 2 to 3 min. or until deep golden brown. Toss with Cinnamon Sugar (*below*) or dip into Chocolate Glaze (*below*), and sprinkle with coconut or chopped nuts if you like. Let stand at room temperature to set, at least 1 hr.

SERVES 12 With Cinnamon Sugar, about 170 cal, 3 g protein, 25 g carbs, 7 g fat (3 g sat), 1 g fiber, 215 mg sodium.

SERVES 12 With Chocolate Glaze, about 230 cal, 4 g protein, 28 g carbs, 12 g fat (6 g sat), 1 g fiber, 225 mg sodium.

Cinnamon Sugar: In brown paper bag, shake together ⅓ c. sugar and 1 tsp. ground cinnamon.

Chocolate Glaze: Place 4 oz. semi-sweet chocolate chips in med. bowl. In sm. saucepan, heat ⅓ c. heavy cream until hot but not boiling; pour over chocolate chips. Let stand 5 min. Stir until smooth. Whisk in 2 Tbsp. light corn syrup and 2 tsp. vanilla extract. Use immediately.

Swap out sugar
for a sweet afternoon



Heart Warming Cookies





Fudgy Waffle Brownies

PREP 20 MINUTES
TOTAL 35 MINUTES

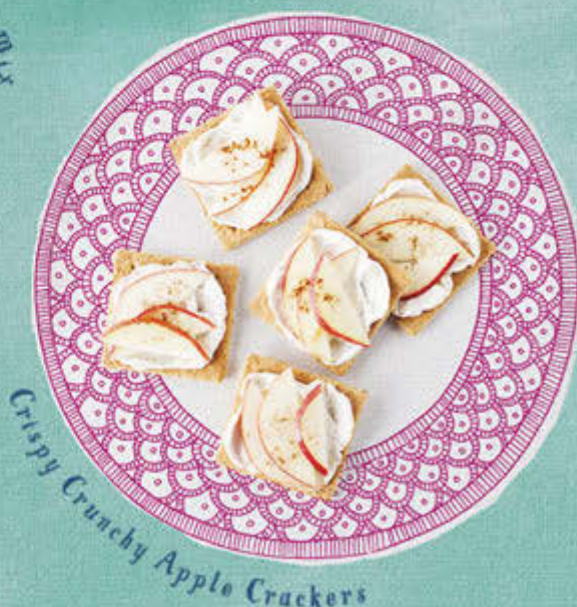
Test Notes: In our tests, we tried various store-bought mixes, with different proportions of added ingredients, but the resulting brownies were hard and crunchy. So we created this recipe specifically for the waffle maker; the texture is terrific. Note: It won't work as well in a deep Belgian-style iron.

- 6** Tbsp. butter, cut up
- 1** bar (3.5 oz.) bittersweet chocolate (50% to 60% cacao), chopped
- $\frac{3}{4}$** c. sugar
- 1** lg. egg, beaten
- 2** tsp. vanilla extract
- $\frac{1}{2}$** c. whole milk
- 1** c. all-purpose flour
- $\frac{1}{4}$** c. unsweetened cocoa
- 2** tsp. baking powder

- $\frac{1}{2}$** tsp. salt
- 1** c. butterscotch, peanut butter or chocolate chips
- Ice cream and berries (optional)

- 1.** Preheat waffle maker.
- 2.** In 4-qt. saucepan, heat butter and chocolate on med.-low until melted and smooth, stirring. Remove from heat. Stir in sugar. Whisk in egg and vanilla until combined. Stir in milk.
- 3.** In bowl, whisk flour, cocoa, baking powder and salt. Stir into butter mixture just until smooth. Fold in chips.
- 4.** Spray waffle maker with nonstick cooking spray; add $\frac{1}{3}$ to $\frac{1}{2}$ c. batter. Close waffle maker; cook 2 to 3 min. or until just set and crisp around edges. With edge of thin silicone spatula, cut brownie into quarters and gently lift each quarter from waffle maker. Repeat with remaining batter. Serve with ice cream and berries, if desired.

SERVES 12 About 280 cal, 5 g protein, 35 g carbs, 14 g fat (8 g sat), 2 g fiber, 290 mg sodium.



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say





Turkey Panini

PREP 10 MINUTES **TOTAL** 15 MINUTES

- 2 tsp. yellow mustard
- 2 thick slices brioche, challah or egg bread
- 2 Tbsp. shredded mozzarella cheese
- 3 thin slices lower-sodium turkey
- 2 to 4 slices pickle
- 2 Tbsp. shredded Swiss cheese

1. Preheat waffle maker.
2. Spread 1 tsp. mustard on 1 side of each slice of bread. Top 1 slice bread with mozzarella, turkey, pickles, then Swiss. Top with second slice bread.
3. Spray waffle maker with nonstick cooking spray. Place sandwich in heated waffle maker, pressing top down firmly. Cook 5 to 7 min. or until cheese melts and bread is deep golden brown.

SERVES 1 About 375 cal, 28 g protein, 32 g carbs, 16 g fat (7 g sat), 2 g fiber, 950 mg sodium.



Kale Quesadillas

PREP 15 MINUTES **TOTAL** 30 MINUTES

- 8 sm. (6-in.) flour tortillas
- 1 c. lower-sodium refried beans
- 2 c. packed baby kale
- 1½ c. shredded pepper Jack cheese
- 1 bag (14 oz.) coleslaw mix
- 1 ripe avocado, chopped
- 3 Tbsp. lime juice

1. Preheat waffle maker.
2. On 1 tortilla, spread one-fourth of beans, leaving ½-in. rim. Top with one-fourth of kale and cheese. Top with another tortilla. Spray waffle maker with nonstick cooking spray. Place quesadilla in waffle maker. Cook 4 to 6 min. or until cheese has melted. Keep warm. Repeat 3 times.
3. Toss slaw with avocado, lime juice and ¼ tsp. salt. Serve with quesadillas.

SERVES 4 About 530 cal, 21 g protein, 56 g carbs, 27 g fat (11 g sat), 12 g fiber, 980 mg sodium.



Fried-Chicken Sliders

PREP 30 MINUTES
TOTAL 35 MINUTES

- ¾ c. low-fat buttermilk
- ¼ c. hot sauce
- 2 tsp. garlic powder
- 4 boneless, skinless chicken thighs (about 1 lb.), cut into quarters
- ½ c. grainy mustard
- ¼ c. pure maple syrup
- 1 qt. vegetable oil
- 1¼ c. all-purpose flour
- 32 frozen mini waffles
- Green onions, thinly sliced, for garnish

1. In lg. bowl, whisk buttermilk, hot sauce, garlic powder and ½ tsp. each salt and black pepper. Add chicken, tossing to coat; set aside.
2. In sm. bowl, whisk mustard and maple syrup; set aside. Place wire rack over lg. sheet waxed paper.
3. In deep, heavy 12-in. skillet, heat oil on med.-high until it reaches 350°F.



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Salami Calzones

PREP 35 MINUTES
TOTAL 35 MINUTES

- 1 c. ricotta cheese
- ½ c. giardiniera (pickled Italian vegetables), drained and finely chopped
- ¼ c. packed fresh basil leaves, torn
- 1 lb. fresh or frozen (thawed) pizza dough, divided into 4 balls
- ¼ lb. thinly sliced salami
- 1 c. marinara sauce, heated

While oil heats, working with 1 piece of chicken at a time, remove from buttermilk, allowing excess to drip off, and dredge through flour. Dip in buttermilk again and dredge through flour once more. Place on another lg. sheet waxed paper. Repeat with remaining chicken and flour.

4. Add half of breaded chicken to skillet. Fry 8 to 10 min. or until deep golden brown and cooked through (165°F), turning over once or twice to brown evenly. Transfer to prepared wire rack. Sprinkle with pinch of salt. Repeat with remaining chicken.

5. Toast waffles as label directs. Place chicken on half of waffles. Drizzle with maple mustard and sprinkle with green onions. Top with remaining waffles, using toothpicks to hold tops in place. Serve immediately.

SERVES 16 About 195 cal, 7 g protein, 18 g carbs, 10 g fat (1 g sat), 1 g fiber, 415 mg sodium.

3. Spray waffle maker with nonstick cooking spray. Place calzone onto heated waffle maker, pressing top down gently. Cook 7 to 9 min. or until deep golden brown and dough is cooked through. While calzone cooks, assemble next calzone. Keep cooked calzones warm on cookie sheet in 225°F oven. Repeat with remaining pizza dough, ricotta mixture and salami. Serve with marinara sauce.

SERVES 8 About 260 cal, 10 g protein, 28 g carbs, 11 g fat (4 g sat), 2 g fiber, 1,060 mg sodium.

1. In med. bowl, stir together ricotta, giardiniera and basil. Preheat waffle maker.

2. Working with 1 ball of dough at a time, roll and stretch dough into 8-in. round on lightly floured surface. Spread one-fourth of ricotta mixture on one side, leaving ½-in. rim. Top with one-fourth of salami. Fold one side of dough over filling. Press and crimp edge to seal tightly.

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Waffle BLT

PREP 15 MINUTES
TOTAL 35 MINUTES

- 8** slices thick-cut bacon
- 3** Tbsp. pure maple syrup
- $\frac{1}{2}$ tsp. coarsely ground black pepper
- 2** med. tomatoes, thinly sliced
- 4** leaves romaine lettuce, halved
- $\frac{1}{4}$ c. mayonnaise
- 8** Ultimate Classic Waffles (page 173) or frozen waffles, reheated

- 1.** Preheat oven to 425°F. Arrange wire rack in lg. rimmed baking sheet lined with foil.
- 2.** Arrange bacon in single layer on rack. Brush generously with syrup; sprinkle with pepper. Roast 22 to 28 min. or until browned and crisp.
- 3.** Spread mayonnaise on one side of waffles. Top half of waffles with bacon, tomatoes and lettuce. Top with remaining waffles. Serve immediately.

SERVES 4 About 655 cal, 17 g protein, 72 g carbs, 32 g fat (6 g sat), 2 g fiber, 1,285 mg sodium.



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SuperCarb Waffle

PREP 10 MINUTES

TOTAL 30 MINUTES PLUS SOAKING

- ½ c. old-fashioned oats
- 1½ c. low-fat buttermilk
- 1 c. white whole wheat flour
- 1 c. pecans, chopped
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground cinnamon
- ½ tsp. salt
- 2 lg. eggs
- 3 Tbsp. vegetable oil
- 2 Tbsp. honey, plus more for serving
- 1 Tbsp. vanilla extract
- 2 c. strawberries, sliced

1. In med. bowl, combine oats and buttermilk. Let soak 20 min.

2. Preheat waffle maker. In lg. bowl, whisk flour, pecans, baking powder, baking soda, cinnamon and salt. In med. bowl, whisk eggs, oil, honey and vanilla until blended. Add egg mixture and oat mixture to flour mixture. Stir until just combined (small lumps are OK).

3. Spray waffle maker with nonstick cooking spray. Pour ½ c. batter onto heated waffle maker. Close waffle maker; cook 3 min. or until deep golden brown. Keep warm by placing directly on oven rack in 225°F oven. Repeat with remaining batter. Serve with strawberries and more honey, if desired. If making ahead, let cool at room temperature, then wrap individual waffles in plastic and store in resealable plastic bags in freezer for up to 1 month. Reheat in toaster oven or 350°F oven 8 to 10 min.

SERVES 8 About 295 cal, 8 g protein, 25 g carbs, 19 g fat (2 g sat), 4 g fiber, 430 mg sodium.



BEST GLUTEN-FREE FLOURS

Can't eat wheat? You can still enjoy great waffles. When we tested six national gluten-free flours, these two produced delicious flavor and texture.



KING ARTHUR GLUTEN FREE MULTI-PURPOSE FLOUR (\$8 FOR 24 OZ.)

Our number one choice. Waffles were just as light and fluffy as when we used all-purpose wheat flour.



CUP4CUP GLUTEN FREE FLOUR (\$17 FOR 3 LBS.)

This blend was a close runner-up. Waffles were irresistibly crisp on the outside and tender on the inside, but the flavor was a tiny bit blander than those made with King Arthur's.



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Begin with Ben





HOW TO MAKE HAND-DYED NAPKINS



1 SOAK a cotton napkin in water (or run it under the tap); wring out excess and lay on covered surface.



2 STARTING at bottom, brush on fabric paint. Add more water, a few tablespoons at a time, to dilute paint as you move up.



3 HANG and allow to dry overnight.



4 IRON fabric to set paint.



For a chance to win the custom scent pack on page 28, go to goodhousekeeping.com/mayperfume. And for a shot at the earrings on page 36, go to goodhousekeeping.com/maybling.

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MOMMY + ME BRACELETS

step 1



YOU'LL NEED an assortment of buttons and colored twine or embroidery floss (like the kind you used at camp).

step 2



MEASURE OUT about two feet of string; cut in half. Thread one piece through buttonhole(s) to create a loop and pull string through as shown. Repeat on other side.

step 3



JAZZ IT UP by using more string and braiding it, or by creating knots or twists. Tie onto wrist; trim excess.

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Shop these big-name collabs to snag designer style—for you and your mini me—at an affordable price!

FOR HER

FOR YOU



FOR HER

FOR YOU



Milly

FOR
KOHL'S

MODERN GIRLY

The feminine-with-an-edge line (normally sold at posh stores like Bergdorf) was inspired by sunny Capri.

Girl's dress, \$48, and capris, \$48, kohls.com

Lilly Pulitzer

FOR
TARGET

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Snag a signature look from this iconic brand—known for its preppy pink-and-green prints—for a fraction of what you'd usually pay.

Girl's dress, \$20, and dress, \$38, target.com



HOW THEY DID IT

DYNAMIC DUO

Frustrated by the search for gentle, healthy skin care for teens, Christy Prunier and her daughter Willa created the ideal line together

THE SPARK “It started when Willa wanted to begin taking care of her skin,” says Christy. “We couldn’t find products that didn’t contain lots of heavy perfumes or chemicals, so we started making them ourselves at home. When retailers became interested, we knew we had something. All our ideas stem from what girls tell us are their essential needs. Willa likes to say, ‘Your skin is your best makeup.’”

THEY'RE A TEAM... “We constantly bounce ideas off each other,” says Willa, 15, whose name graces the skin-care and makeup line. “My mom values my opinion and lets me make decisions regarding the direction of our company. It’s definitely a partnership.” Recently, they rolled out a new system that allows teens to start their own businesses selling the products.

...AND EACH OTHER'S FANS “I love the amazing energy and creativity Willa brings to the company,” says Christy. “She immerses herself in everything she does—I wish I’d known at her age that anything was possible.” Adds Willa, “My mom has taught me persistence. There have been rough patches, but her confidence in me makes me feel powerful.”

Be Brilliant Body Lotion, \$13, Smile Butter Lip Balm in Miami Mango, \$10, willa.com



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\$60 for strap, which works with all GoPro cameras, shop.gopro.com

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Tips and tricks from Instagram sensations

@iamlilbub

700K
FOLLOWERS

This kitty, with her dainty pink tongue, sticks up for pets with special needs.



SHAKE a toy directly behind the camera, and your cat will appear to look right at the lens.

SNAP as many pictures as you can, as fast as you can, and you'll get the right moment.

CATCH her in a natural environment so she'll seem and feel comfortable.

@rustyrodas

35K
FOLLOWERS

Once an anxious rescue, he's now the ultimate hipster dog on the Web.



PLAY beforehand so your pup will be relaxed. Plus, when a dog pants, it looks like a smile!

SHOOT in the daytime, in natural light. Camera flashes may spook any pet.

ENJOY! Use lots of praise so your pet will associate the camera with a good time.

@exempelthebunny

31K
FOLLOWERS

The fluffy bunny enjoys the outdoors and taking selfies with his owner.



MAKE funny noises to get your pet's attention. (Training bunnies can be difficult.)

PLACE props near his food, and he will pick up and hold them.

CROUCH down to your pet's eye level; avoid shooting from above.

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AT MY HOUSE

COURTENAY COX

You know her best for her roles as neat freak Monica Geller on *Friends* and Jules Cobb, queen of the cul-de-sac crew, on *Cougar Town*. This spring, she makes her feature-film directorial debut with *Just Before I Go*.

IN MY FRIDGE, YOU'LL ALWAYS FIND:

*cashew milk
and turkey*

FAVORITE FAMILY RECIPE:

Peas a la Cox

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*popcorn and
butterfingers
... at the same time*

I'LL DO ANYTHING TO AVOID:

mopping

MY SECRET CLEANING WEAPON IS:

*baby wipes
from Costco*

BEFORE COMPANY ARRIVES, I HIDE:

*Nothing
I'm pretty neat*

I LOVE TO SHOP FOR:

antiques and groceries

I HATE TO SHOP FOR:

clothes



Born: 1964

Lives in:

Malibu, CA

Hometown:

Birmingham, AL

Engaged to:

Snow Patrol

rocker Johnny

McDaid

Mom to: Daughter

Coco, 10

BAD HABIT:

biting my lip

I JUST LEARNED:

*a snow patrol
song on the piano.*

STUFF I CAN'T LIVE WITHOUT:

*ear plugs - hanky
Panky underwear
and Coco*

PERSONAL MOTTO/MANTRA:

avoid drama!!

I WISH I COULD TELL MY
YOUNGER SELF:

this too shall pass.

CAT/DOG/OTHER:

*2 cavalier king charles
- Hailey & Hopper.*

Courtenay Cox



WHAT DRAWS CANCER PATIENTS *from* ALL OVER THE WORLD *to* A HILLSIDE *in* SALT LAKE CITY?

Patients come to Huntsman Cancer Institute from all over the world.

Patients who could go anywhere, but choose to come here. Patients who have done their homework, talked to friends, colleagues and doctors and discovered one simple fact: Huntsman Cancer Institute is a cancer treatment center unlike any other.

It looks different. Feels different. And fights cancer in new and different ways, with the largest genetic database on earth that combines family histories with health records to both treat and prevent cancer.

The place is welcoming and warm, with a focus on beauty, serenity and getting on with life. Perhaps all of this is why Huntsman Cancer Institute has earned what few other cancer hospitals in the world have. A 99% inpatient satisfaction rating.*

To learn more or support the cause, go to huntsmancancer.org.



**CHANGING THE DNA
OF CANCER CARE**



*Press Ganey Inpatient Survey 2013.



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Perfecting
Shield
has the Seal